

The Ultimate Strawberry Shortcake

Delicious new recipes for Easy-to-cook Chicken breasts

How to Grill Salmon on a Cedar Plank

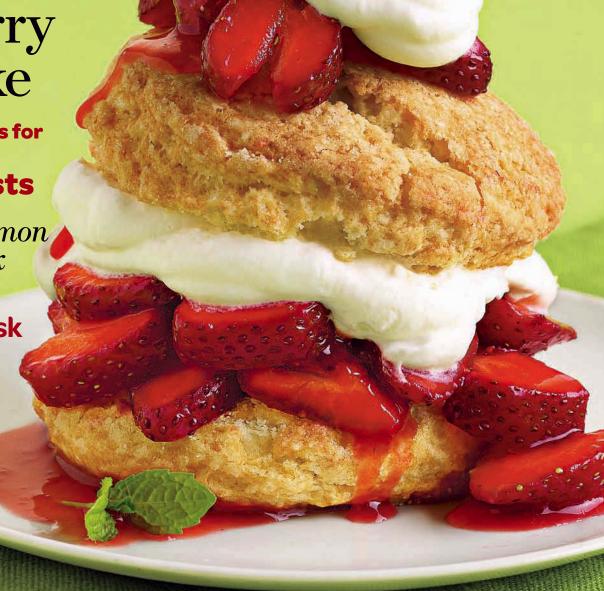
Great Ideas for Lunch@Your Desk

FROM SALAD TO SALSA COOKING WITH WATERMELON

JUNE/JULY 2011 • No.111







Classic strawberry shortcake, page 84



Perfection by the cup.

Just like your favorite barista, the Viking Professional 12-cup Coffee Maker knows that time and temperature are the secrets to perfect coffee. Our exclusive Sure-Temp™ system guarantees the correct amount of brew time at the perfect temperature for optimal satisfaction. The programmable display allows you to schedule each brewing and select the precise serving desired, while the double-wall stainless steel thermal carafe maintains the flavor and aroma for hours. And the removable water reservoir is the ultimate in convenience.

\$299.95 (barista tip jar not included)

To find a dealer near you, visit vikingrange.com/wheretobuy.

Frontgate

Outfitting America's Finest Homes 800-626-6488 frontgate.com/Viking

CutleryAndMore.com

Free Shipping! 800-650-9866 cutleryandmore.com/Viking

MetroKitchen

Free Shipping! 888-892-9911 metrokitchen.com/Viking

VikingKitchenware.com

Free Shipping! 800-650-9866 vikingkitchenware.com

Cooking.com

Available Online! 800-663-8810 cooking.com



CONTENTS

JUNE/JULY 2011 ISSUE 111











DEPARTMENTS

13 Marketplace TRY THIS Sorrel

> PRESERVING THE SEASON Fruit Leather

WHAT WE'RE COOKING NOW

Bell Peppers, Blackberries, Cantaloupe, Carrots, Cherries, Corn, Dill, Green Beans, Strawberries, Zucchini

BIG BUY COOKING

Cream Cheese

- 20 Make It Tonight FAST AND FRESH Just 30 minutes to dinner, start to finish.
- 24 Great Finds **GO SHOPPING** Our latest buys for the kitchen and table.
- 26 The Summer Beer **DRINKS** Light, refreshing wheat beers are about to become your new favorite hot-weather brew.
- 28 The Reading List **BOOKS THAT COOK** New musthave reads for food lovers.

30 Rice Pudding

REPERTOIRE A classic dessert that every cook should know how to make.

32 Woks

 $\begin{tabular}{ll} \textbf{TEST DRIVE} & There's no better pan \\ \end{tabular}$ for stir-frying; check out our top three picks.

- 34 A City Slicker in the Kitchen COOK STORY He'd never been out West, lived on a ranch, or cooked for a crowd. But how hard could it be? By Rowan Jacobsen
- 36 Drink Up!

THE GOOD LIFE Flavored waters are all the rage. Learn how to make them yourself with fresh ingredients.

89 Test Kitchen

Tips, techniques, equipment, ingredients, and more, from our experts.

98 Sandor Katz

FOOD FOR THOUGHT For this fermentation expert, bacteria aren't just healthy, they're delicious.

in every issue

- 6 FROM THE EDITOR
- 8 READERS' LETTERS
- 10 CONTRIBUTORS
- 11 FINECOOKING.COM
- $94\,$ WHERE TO BUY IT
- 95 NUTRITION
- 96 MENUS
- 97 RECIPE INDEX



Cover and contents photographs by Scott Phillips; food styling, cover, by Allison Ehri Kreitler; illustration by Edel Rodriguez







The simple, yet enchanting addition of a skylight will impact a room in a way no other redesign or renovation can. To discover the drama being sparked in this room, go to **dramaheights.com**.



EVERYDAY COOKING is usually anything but easy. It's cooking against the clock. It's cooking with what's on hand. It's cooking within a budget. It's cooking to please a range of tastes. It's a challenge, for me and pretty much every cook I know. But because we're cooks, we appreciate how rewarding it is to come home at the end of a long day and head for the kitchen. We may have little time and even fewer ingredients, but hey, we'll come up with something.

This issue is packed with ideas that will make the midweek cooking challenge easy. Well, easier. Consider chicken breasts. Since they're quick to cook, appealing to most, and versatile, we all tend to buy them regularly. The thing is, they can be boring. We wanted easy chicken recipes that surprised us, and we got them when we added height-of-summer produce, including peaches, green beans, and cucumbers (page 70). These are chicken makeovers you'll want to get home and cook—our goal for this and every story here.

Meatless grilling

Great grilling doesn't have to revolve around burgers and steaks. Whether you keep your Mondays meatless or have a vegetarian in the family, we've got easy solutions to grilling minus the beef. Think pizza with grilled beets, figs, and goat cheese, grilled vegetables that become a rich pasta sauce, and grilled chickpea burgers, to name a few (page 38).

Better leftovers

Cooking with leftovers in mind is a smart way to get a head start on a weekday meal or two. That's the premise behind our regular Cook Once, Eat Twice story, which features two sides of salmon in this issue (page 54). Grill both and have one for Sunday's supper; then turn the other into any of three great meals, including a spectacular main-course salmon salad that comes together in 30 minutes.

Lunch plans

It's easy to get stuck in a rut when it comes to lunch, making the same sandwich every day or hitting the same salad bar. We've got four easy strategies for thinking outside the lunchbox and packing up a meal you'll actually look forward to eating at your desk (page 62).

Of course, we haven't forgotten the weekend, when the clock slows down and the cooking is easy. If yours includes a trip to the farmers' market, load up on berries and make the cover recipe, our best version of strawberry shortcake. Ever. As it happens, the leftovers make a great Monday morning breakfast.



Laurie Buckle, editor fc@taunton.com Follow me on @fc_Laurie



More Fine Cooking

Books from Our Contributors

Four of our regular writers have new books worth checking out.

From Bruce Weinstein and Mark Scarbrough comes Goat: Meat, Milk, Cheese (Stewart, Tabori & Chang), a "nose to udder" celebration of what might be called the next big thing. Sustainable, economic, and delicious, goat is the world's primary source of meat—and well worth discovering.

Domenica Marchetti's *The Glorious Pasta of Italy* (Chronicle Books) is a mouthwatering ode to the traditional mainstay of Italian cuisine. Her recipes are simple but sublime, and cover regional specialties, family favorites, and modern interpretations.

In Sear, Sauce, and Serve (Running Press), Tony Rosenfeld simplifies weeknight cooking. First, he uses high heat to grill, sauté, broil, or stir-fry meat and vegetables quickly; then he makes a delicious, easy sauce to serve alongside. Dinner, done in minutes.

Fine Cooking Special Issues

GRILLING

Our special collection of more than 75 triple-tested grilling recipes and expert techniques will help you fire up the grill with confidence. On sale June 14.

PICNICS & COOKOUTS

Take it outside with this summery recipe collection, which includes killer sandwiches, ribs, slaws, and packable sweets and drinks. On sale June 28.

Art Director Senior Food Editor Senior Editor Managing Editor Associate Editor Assistant Editor Senior Copy/ Production Editor Associate Art Director

Staff Photographer Photo Editor/Stylist Associate Food Editor/Stylist Assistant Food Editor Julissa Roberts Editorial Assistant Evan Barbour Editorial Intern Andrea DiNino Test Kitchen Assistant Test Kitchen Intern Editor at Large Contributing Editors

Laurie Glenn Buckle Don Morris

Jennifer Armentrout Rebecca Freedman Lisa Waddle Denise Mickelsen Melissa Denchak

Enid Johnson

Pamela Winn Scott Phillips Kelly Coughlan Gearity Samantha Seneviratne

Abby Simchak Alaina Missbach Susie Middleton

Abigail Johnson Dodge Maryellen Driscoll Allison Ehri Kreitler Ellie Krieger Kimberly Y. Masibay Melissa Pellegrino Tony Rosenfeld Molly Stevens Patrick Watson Carolyn Mandarano

Senior Managing Editor, Books

FineCooking.com

Senior Web Producer Sarah Breckenridge Robyn Doyon-Aitken Web Producer

Fine Cooking: (ISSN: 1072-5121) is published six times a year by The Taunton Press, Inc., Newtown, CT 06470-5506. Telephone 203-426-8171. Periodicals postage paid at Newtown, CT 06470 and at additional mailing offices. GST paid registration #123210981.

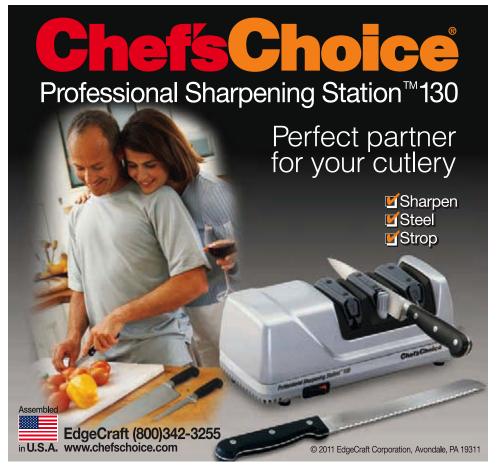
Subscription Rates: U.S., \$29.95 for one year, \$49.95 for two years, \$69.95 for three years. Canada, \$31.95 for one year, \$53.95 for two years, \$75.95 for three years (GST included, payable in U.S. funds). Outside the U.S./Canada: \$36 for one year, \$62 for two years, \$88 for three years (payable in U.S. funds). Single copy U.S., \$6.95. Single copy Canada, \$7.95.

Postmaster: Send address changes to Fine Cooking, The Taunton Press, Inc., 63 South Main St., PO Box 5506, Newtown, CT 06470-5506

Canada Post: Return undeliverable Canadian addresses to Fine Cooking, c/o Worldwide Mailers, Inc., 2835 Kew Drive, Windsor, ON N8T 3B7, or email to mnfa@taunton.com.

Printed in the USA





finecooking.com/marketplace | 800-929-1431 x3005



THE WINNER

Weighty Chicken

Whenever I make chicken broth with a whole chicken, I stuff the bird with some of the herbs, carrots, celery, and onions before filling the pot with water. That way, the chicken stays submerged and it's easier to skim off the foam.

We want to hear from you. Send us your best tip and we'll pick a winner from all the entries. Kim is the winner of this 11x11-inch Woll Logic Grill Pan.

CALL OR WRITE:

Fine Cooking, The Taunton Press, 63 S. Main St., PO Box 5506, Newtown, CT 06470-5506. Tel: 203-426-8171; email: fc@taunton.com.

A Meeting of the Meatloaves

My friends and I threw a Meatloaf Extravaganza to taste all of the recipes from the "Meatloaf" story in the February/March issue. Four couples attended, and each couple made two meatloaves. It was a lot of fun, and not one recipe was rejected, though we did have our favorites, like the Double Mushroom and Sherry, Blue Cheese and Bacon, and Spicy Southwestern Pork and Bell Pepper —Terry Michiels, Seattle



Our Youngest Fan I recently caught my

daughter, Addyson, doing some light reading.

> —Peter van de Geyn, Toronto, Ontario

What About the Yolks?

After eating a wonderful Salt-Crusted Trout ("Salt-Crusted Fish," April/May) for dinner and Vanilla Buttercream Macarons for dessert ("French Macarons," April/May), I am left with nine egg yolks that do not yet have a purpose. Any ideas?

—Chris Nelson, Colorado Springs, Colorado

Editors' reply: Next time you're left with all those yolks, make the Best-Ever Rice Pudding on page 31, or Joanne Chang's Crème Brûlée (at FineCooking.com), which calls for 10. Prefer a savory route? Try Caesar dressing, aïoli, or spaghetti carbonara.

Don't Pass on the Glass

I was surprised to see a recommendation for the Pyrex Easy Grab loaf dish in Test Drive (April/May) after the January issue of Consumer Reports stated that newer glass bakeware is made of soda lime glass, which is more temperature-sensitive and likely to shatter than older borosilicate glass bakeware. In my opinion, the risks don't merit a recommendation from Fine Cooking.

-Kim Mao, Winnipeg, Manitoba

—Lynn Tedder, via CooksTalk

Editors' reply: All brands of glass bakeware can break due to thermal shock. According to Pam McMeen, vice president of brand marketing at Pyrex, the product composition hasn't changed; it's been made using the same soda lime glass composition and heat-strengthening process for more than 60 years. You can avoid the most common causes of thermal breakage by following five rules:

- 1. Always place hot glass bakeware on a dry cloth potholder or towel.
- 2. Never place hot glass bakeware on top of the stove, on a metal trivet, on a damp towel, or directly on a counter or in a sink.
- 3. Never put glass bakeware directly on a burner or under a broiler.
- 4. Always allow the oven to fully preheat before placing glass bakeware in the oven.
- 5. Always cover the bottom of the dish with liquid before cooking meat or vegetables.



sgiannetti@taunton.com

Jeff Nicholson

Advertising Director

203-304-3250 jnicholson@taunton.com

Advertising Sales East Coast

Judy Caruso 203-304-3468 icaruso@taunton.com

Midwest Karen Walker

262-664-3209 kwalkermedia@gmail.com

West Coast

John lavarone 415-264-6757 iavarone.john@gmail.com

Southeast Kenneth M Farber

> 770-391-9905 x221 ken@rangergroup.com

Advertising Sales Assistant

Diana Mackey

Director of Advertising Marketing

Kristen Lacev

Senior Marketing Manager, Advertising

Karen Lutjen

Member Audit Bureau of Circulation



Senior Consumer

Marketing Director

Senior Consumer

Marketing Manager Senior Manager

Web Marketing

Senior Online Product Manager

Beth Revnolds, ProCirc

Melissa Robinson

Robert Harlow

Michael Stoltz



The Taunton Press

Inspiration for hands-on living® Independent publishers since 1975 Founders, Paul & Jan Roman

President Suzanne Roman

EVP & CFO

Timothy Rahr

SVP & Chief Paul Spring

Content Officer

SVP, Creative Susan Edelman

SVP, Advertising Stephen Giannetti

SVP. Operations Thomas Luxeder

SVP. Taunton Interactive

Jason Revzon Anatole Burkin

VP, Digital Content

VP, Editorial Development Maria Taylor

VP, Single Copy Sales

Jay Annis

VP & Controller

Wavne Revnolds Kathy Worth

VP, Finance VP, Human Resources

Carol Marotti

VP, Fulfillment

Patricia Williamson

Publishers of magazines, books, videos, and online Fine Woodworking • Fine Homebuilding Threads • Fine Gardening • Fine Cooking www.taunton.com



Discover a New World with Heirloom Grains





Tamar Adler ("Lunch @ Your Desk," page 62) is a Brooklyn-based food writer. She has worked as a personal chef and cooked professionally at Prune in

New York City and Chez Panisse in Berkeley. Her first book, An Everlasting Meal: Cooking with Economy and Grace, comes out in October.

- My breakfast of choice is... my mom's homemade granola and yogurt.
- The strangest thing I've ever eaten was... whole grilled cockroaches stuffed with lemongrass in Laos.
- My latest food discovery is... that in a pinch, rice with peanut butter and hot sauce is delicious.



Corinne Trang ("Authentic Pad Thai," page 76) is a Connecticut-based author of several cookbooks, including Essentials of Asian Cuisine and Noodles Every

Day. She is a frequent television and radio guest, writes for numerous national food publications, and teaches cooking classes internationally.

- If I weren't a cookbook author, I'd be... a food-obsessed standup comedian.
- The dish I most want to learn to cook is... the perfect Moroccan squab b'steeya.
- My least favorite food is... fast food; take it off the market, please.

STAFF SPOTLIGHT



Fine Cooking associate food editor Samantha Seneviratne ("Watermelon," page 46) is also our resident food stylist. She is a graduate of the French

Culinary Institute and an avid baker.

- My biggest food-related pet peeve is... pre-ground pepper. I used to carry a pepper grinder in my purse, but it got too messy.
- My guilty food pleasure is... eating the delicious, mushy vegetables that are strained out of homemade stock.
- My favorite herb or spice is... cinnamon. It comes from Sri Lanka, just like me.



Christina Tosi ("Strawberry Shortcake," page 82) began her career in the kitchens of New York City restaurants Bouley and wd-50. She's now the pastry chef

and co-owner of Manhattan's Momofuku Milk Bar.

- My favorite food splurge is... a whole pizza, a 2-liter bottle of Coke, and a pint of ice cream-all for myself.
- The most overrated ingredient is... vanilla bean (sorry).
- If I weren't a pastry chef, I'd be... a crazy arts-and-crafts lady.



Known for her whimsical desserts, cookbook author and food stylist Karen Tack ("Strawberry Shortcake," page 82) co-wrote with Alan Richardson The New

York Times best-seller Hello, Cupcake! and its follow-up, What's New, Cupcake? Their newest book, Cupcakes, Cookies, and Pie, Oh My!, is due out in February.

- The strangest thing I've ever eaten was... crickets. They weren't bad tasting, but I couldn't get past the legs; you just know they're bug legs.
- My breakfast of choice is... leftovers. An all-time favorite? Chili over noodles.
- My least favorite food is... any low-fat version of a full-fat ingredient.



Edel Rodriguez ("The Summer Beer," page 26), a native of Cuba, is an awardwinning New York Citybased illustrator. His art has appeared in The New

York Times, Time magazine, and The New Yorker, and is on display at the Smithsonian Institution in Washington, DC.

- My desert island food is... chorizo and cheese arepas.
- Three items that are always in my pantry are... Nutella, Café Bustelo, and cereal.
- My favorite aspect of my job is... that I can take a nap whenever I want.



Vermont-based food writer Rowan Jacobsen ("A City Slicker in the Kitchen," page 34) has written several books, including the James Beard Award-

winning A Geography of Oysters, and American Terroir, named one of the top 10 books of 2010 by Library Journal. His latest book is Shadows on the Gulf: A Journey Through Our Last Great Wetland.

- My favorite food memory is... eating alligator ceviche with cacao vinegar under a passionfruit trellis in the Bolivian Amazon.
- My guilty food pleasure is... Pringles.
- The last thing I cooked was... "moonviewing noodles." They're cooked in broth, topped with a poached egg, and eaten under a full moon. It's a Japanese tradition I've adopted.



Cindy Mushet ("Rice Pudding," page 30) has been a pastry chef, baking instructor, and cookbook author for more than 20 years. She teaches at Le Cordon Bleu

in Los Angeles. Her cookbook, The Art and Soul of Baking, won the International Association of Culinary Professionals award for best baking book in 2009.

- Three items that are always in my refrigerator or pantry are... chocolate, quince, and goat cheese.
- If I weren't a cookbook author, I'd be... a window display designer.
- The last thing I ate was... rice pudding.



Rhonda Parkinson ("Woks," page 32) is a food writer from western Canada. She has written five cookbooks, including The Everything Chinese Cookbook.

- Currently, I'm obsessed with... creating a foolproof recipe for fortune cookies.
- My favorite food memory is... when my nonfoodie husband was inspired enough after seeing Julie & Julia to make Julia Child's boeuf bourguignon.
- The most underrated ingredient is... lard.





To contact us:

Fine Cookina The Taunton Press 63 South Main Street PO Box 5506 Newtown, CT 06470-5506 Tel: 203-426-8171

Send an email to:

fc@taunton.com

Visit:

www.finecooking.com

To submit an article proposal:

Write to Fine Cooking at the address above or Call: 800-309-0744 Fax: 203-426-3434 Email: fc@taunton.com

To subscribe or place an order:

Visit www.finecooking.com/fcorder or call: 800-888-8286 9am-9pm ET Mon-Fri 9am-5pm ET Sat

To find out about Fine Cooking products:

Visit www.finecooking.com/products

To get help with online member services:

Visit www.finecooking.com/customerservice

To find answers to frequently asked questions:

Visit www.finecooking.com/FAQs

To contact Fine Cooking customer service:

Email us at support@customerservice.taunton.com

To speak directly to a customer service professional:

Call 800-477-8727 9am-5pm ET Mon-Fri

To sell Fine Cooking in your store:

Call us toll-free at 866-505-4674, or email us at magazinesales@taunton.com

To advertise in Fine Cooking:

Call 800-309-8940, or email us at fcads@taunton.com

Mailing list:

We make a portion of our mailing list available to reputable firms. If you would prefer that we not include your name, please visit: www.finecooking.com/privacy or call: 800-477-8727 9am-5pm ET Mon-Fri

For employment information:

Visit careers.taunton.com

The Taunton guarantee:

If at any time you're not completely satisfied with Fine Cooking, you can cancel your subscription and receive a full and immediate refund of the entire subscription price. No questions asked.

Copyright 2011 by The Taunton Press, Inc. No reproduction without permission of The Taunton Press. Inc.

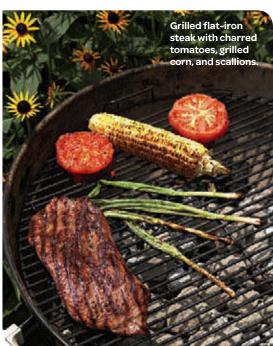


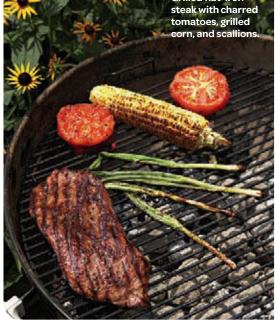
Warmer weather is here, so we're moving outdoors to cook (and eat). Look to FineCooking.com for the best grilling and picnic recipes.

Take it outside

At FineCooking.com/grilling, you'll find hundreds of recipes and dozens of videos loaded with tips to make you an expert griller. We also have recipes for plenty of easy-to-pack dishes that are perfect for picnics. Use our exclusive Menu Maker to create your meal, complete with a customized timeline and shopping list. Choose from our triple-tested recipes to pull together a:

- Memorial Day picnic
- Father's Day cookout
- Fourth of July barbecue





Get help matching wines with food



Photographs by Scott Phillips



Learn how to grow herbs and vegetables and cook with what's fresh right now. Just click on our Homegrown/Homemade video series to get planting and harvesting advice from experts at our sister publication, Fine Gardening, plus recipes for cooking and preserving vegetables and fruit from Fine Cooking.

Want a dinner solution for every night of the week? Sign up at FineCooking.com to receive our 7-days-a-week Make It Tonight eLetter for daily dinner inspiration.

Join the conversation about recipes and cooking.

Friend us on

Follow us on









MARKETPLACE

Shop Smarter, Eat Better



What it is

Sorrel is a perennial herb in the buckwheat family (which also includes rhubarb). High in vitamin C, it was a common ingredient in medieval times, when it was eaten to prevent scurvy (citrus fruits weren't widely available). The word sorrel is of Germanic origin, from sur, meaning sour. Its characteristic sourness comes from the presence of oxalic acid (which is also found in spinach).

There are two varieties of sorrel, both of which are edible: garden sorrel, which has pointy, arrow-shaped leaves and a bracingly tart flavor, and French sorrel (shown on page 13), which is milder, with rounded leaves.

How to buy and store it

Choose bunches with smooth, tender, brightgreen leaves and soft, juicy-looking stems. To store, wrap sorrel in damp paper towels and refrigerate in a sealed plastic bag for up to three days.

How to use it

Sorrel adds a pleasantly tart note when combined with other greens in salads. Use it in place of parsley or basil for pesto, fold it into omelets, or add it to quiche. Sorrel also makes a delicious side dish for grilled fish or roasted chicken: Briefly sauté it in butter until just wilted (sorrel shrinks like crazy when

cooked, so you'll need a lot) and then sprinkle it with lemon zest and fleur de sel. Take care not to overcook it so it doesn't lose its leafy texture and herbal aroma. If sorrel's tang seems too assertive on its own, combine it with more mildly flavored greens like spinach or chard.

Sorrel's lemony, clean flavor is a natural in creamy soups (see the recipe below) and in tart sauces for rich fish like salmon and arctic char. It pairs well with sweet ingredients like peas, honey, and fruit as well as with peppery extra-virgin olive oil and fresh herbs like mint, parsley, basil, and thyme.

—Evan Barbour





homemade fruit leather

Use this recipe to make several kinds of fruit leather-the method is basically the same for each.

Yields 10 to 12 pieces

- 2 lb. strawberries, hulled and halved (6 cups); sweet cherries, pitted and halved (5½ cups); apricots, pitted and halved (6 cups); or blueberries, stemmed (6 cups)
- 2 to 6 Tbs. honey

Purée the fruit in a food processor until it's completely smooth, 2 to 3 minutes, scraping down the sides occasionally. If using strawberries, strain the purée through a fine sieve to remove the seeds (press hard with a rubber spatula to extract as much liquid and pulp as possible).

Pour the fruit purée into a medium saucepan and bring to a boil over medium heat, stirring occasionally. Reduce the heat to a simmer and cook, stirring often and scraping the sides and bottom of the saucepan with a heatproof spatula, until any foam subsides and the purée turns glossy, 8 to 12 minutes for blueberry, 20 to 25 minutes for apricot, 35 to

> 40 minutes for cherry, or 35 to 55 minutes for strawberry. You should have about 134 cups.



Remove the saucepan from the heat and stir in the honey to taste. (The purée can be refrigerated for up to 3 days at this point. Cover tightly, placing plastic wrap directly on the surface of the purée. Bring to room temperature before proceeding.)

Position a rack in the center of the oven and heat the oven to 170°F, using a convection mode, if available. Line a large rimmed baking sheet (18x13 inches) with a nonstick baking liner, such as a Silpat (16½ x 11% inches). Pour the purée down the center of the baking liner and spread it evenly with a large offset spatula to a 1/4-inch thickness, leaving a 1/2-inch border all around. The edges should be slightly thicker than the middle, as they dry out faster.

Dry the purée in the oven, rotating the pan halfway through, until it looks leathery and feels somewhat firm to the touch but is still tacky and not completely dried, 6 to 7 hours (or 3½ to 4½ hours on a convection setting). Transfer the baking liner to a cooling rack and let the leather sit at room temperature until it separates easily from the baking liner and is mostly dry on top, 24 to 72 hours. The strawberry leather may still be slightly tacky, and the blueberry leather may have a bit of



the leather. Flip the leather parchment side down and peel off the baking liner. Starting with a long side, roll the leather and parchment into a cylinder. Using kitchen shears or a sharp knife, cut the leather into 1-inch segments. Wrap each segment in plastic wrap and store them in an airtight zip-top plastic bag at room temperature for 3 to 4 weeks or in the freezer for 2 to 3 months.

Nicki Sizemore is a food writer, stylist, and cooking instructor.



Watch strawberry fruit leather being made on the Homegrown/Homemade video series at FineCooking.com.



AT THE MARKET

What we're cooking now

Fine Cooking editors (and a reader) share some delicious ideas for in-season ingredients.



Steak, Zucchini, Bell Pepper, and Feta Tacos

In a cast-iron skillet, sear a skirt steak until cooked as you like it. Let rest and then thinly slice. In the same skillet, sauté sliced zucchini and orange and yellow bell peppers until tender. Season with salt, pepper, lime juice, and ground ancho chile. Fill warmed corn tortillas with the steak, vegetables, crumbled feta, sliced avocado, and cilantro. -Denise Mickelsen



Corn Sauté with Shallots and Dill

Sauté chopped shallots and garlic in olive oil until softened. Add fresh corn kernels and cook, stirring occasionally, until tender. Finish with butter, salt, and chopped fresh dill. -Rebecca Freedman



Strawberry Soda

Simmer 2 cups of sugar, 1 cup of water, and a dozen sliced strawberries until the strawberries break down, about 10 minutes. Strain the syrup and cool. Add a tablespoon or two of the syrup to a glass and top with cold seltzer water. For an adult kick, add vodka.

—Lisa Waddle

Sweetened Ricotta with Cantaloupe and Blackberries

Stir honey into whole-milk ricotta and top with cubed cantaloupe, fresh blackberries, torn basil, and a drizzle of honey for a sweet, simple breakfast. - Samantha Seneviratne



Sauté a chopped onion, a seeded and chopped jalapeño, and some minced ginger in oil until softened. Stir in curry powder, add coconut milk, and bring to a simmer. Add peeled shrimp and trimmed and halved green beans and simmer until the shrimp are opaque and the green beans are crisp-tender. Mix in a handful of chopped cilantro and serve over basmati rice.





Finely chop peeled carrots in a food processor. Toss with generous amounts of chopped fresh cilantro and parsley, a lemony vinaigrette with toasted cumin and coriander, salt, and freshly ground black pepper. Let sit for 15 minutes. Serve cold or at room temperature.

-Jennifer Armentrout







ONE READER'S SEASONAL SPECIALTY



Cherry Lassi with Cardamom and Pistachios

In a blender, combine 1 cup pitted fresh cherries with plain yogurt, milk, sugar, a touch of ground cardamom, and ice. Blend the ingredients until smooth, adding more sugar to taste. Garnish with coarsely ground roasted and salted pistachios. -Shulie Madnick, Fairfax, Virginia



The tasty part of the food pyramid.





© 2010 Wisconsin Milk Marketing Board, Inc. eatwisconsincheese.com





BIG BUY COOKING

Cream Cheese

Making the most of a favorite food find from a warehouse store. BY SAMANTHA SENEVIRATNE

UNLESS CHEESECAKE IS ON THE MENU, most cooks don't have cream cheese on hand. As a result, they don't think about buying it in bulk. However, once you realize the versatile nature of cream cheese and its genius for adding rich flavor and creamy texture to a huge variety of dishes—soufflés, risotto, and warm potato salad to name a few—you will find yourself buying it in economical 3-pound blocks and adding it to all sorts of things. Just make sure you save enough for the most obvious choice of all: slathering all that tangy goodness on a freshly toasted bagel.

The Big Buy

What: Regular cream cheese (not whipped). How much: One 3-lb. block. How to store: Store cream cheese in its original packaging or tightly wrap with plastic wrap. Once opened, it can be refrigerated for up to two weeks.

bacon and leek soufflé

You won't see the cream cheese in this simple soufflé, but you'll certainly taste its rich flavor. Serve this with a green salad for brunch.

Serves 6

Unsalted butter, softened, for the baking dish

- slices bacon, thinly sliced crosswise
- 2 cups thinly sliced leeks (lightgreen and white parts only, from about 2 medium leeks)
- 1 tsp. chopped fresh thyme Kosher salt and freshly ground black pepper
- ½ cup whole milk
- 5 oz. cream cheese, cubed
- 1/2 cup grated Asiago cheese
- large eggs, separated, plus 1 large white
- 1/2 tsp. cream of tartar

Position a rack in the center of the oven and heat the oven to 325°F. Butter an 8x8-inch baking dish.

In a 12-inch nonstick skillet, cook the bacon over medium heat until crisp, about 8 minutes. With a slotted

spoon, transfer the bacon to a large bowl. Add the leeks to the skillet, reduce the heat to medium low, cover, and cook, stirring occasionally, until softened, about 4 minutes. Add the leeks to the bacon and stir in the thyme and 1/4 tsp. each salt and pepper.

Gently warm the milk in the skillet over medium-low heat. Stir in the cream cheese and Asiago and whisk until melted and combined. Add the milk mixture to the leeks and bacon and stir to combine and cool slightly. Gently mix in the egg yolks; set aside. In a medium bowl, beat the egg whites and cream of tartar with an electric hand mixer on high speed to medium-stiff peaks. With a large spatula, gently fold the egg whites into the leek and bacon mixture. Pour the mixture into the

prepared dish and bake until puffed and golden-brown on top, 22 to 24 minutes. Serve immediately-the soufflé will deflate as it cools.



grilled fingerling potato salad with creamy herb dressing

Here, cream cheese becomes the base for a lemony, herb-packed dressing.

Serve warm along with grilled bratwurst for a hearty meal.

Serves 6

- 3 oz. cream cheese, softened
- ½ cup packed chopped mixed fresh herbs, such as dill, parsley, chives, mint, or basil (use at least 3)
- 1/4 cup whole milk
- 2 Tbs. mayonnaise
- 4 tsp. white wine vinegar
- 1 Tbs. grainy Dijon mustard
- ½ tsp. finely grated lemon zest
 Kosher salt and freshly ground black pepper
- 3 lb. fingerling potatoes, halved lengthwise
- 8 large shallots, peeled and halved
- 3 Tbs. olive oil

In a large bowl, combine the cream cheese, herbs, milk, mayonnaise, vinegar, mustard, lemon zest, and ¾ tsp. each salt and pepper. Blend with an electric hand mixer on medium speed until smooth; set aside.

Prepare a gas or charcoal grill for indirect cooking over medium-high heat: On a gas grill, heat all burners on medium high and then turn off all but one burner just before cooking the potatoes; on a charcoal grill, bank the coals to one side of the grill.

In another large bowl, toss the potatoes and shallots with the olive oil, ½ tsp. salt, and ¼ tsp. pepper. Put the potatoes and shallots on the cooler side of the grill (if the bars on your grill grates are far apart, lay a piece of foil down and put the potatoes and shallots on it), cover, and cook until tender and golden-brown, flipping once, 10 to 15 minutes. Transfer the potatoes to the bowl of dressing. Transfer the shallots to

a cutting board, coarsely chop, and





chocolate-cherry cheesecake tart

Black forest cake was the inspiration for this tart, which has a chocolate crust, a cherry-swirled topping, and a subtly tangy cream cheese filling.

Serves 8 to 10

- 6 oz. chocolate wafers, finely crushed (1⅓ cups)
- ⅓ cup plus 2 Tbs. granulated sugar
- 2½ oz. (5 Tbs.) unsalted butter, melted
- 1 cup pitted fresh or frozen sweet cherries, puréed
- 3 Tbs. cherry preserves
- 1 Tbs. kirsch
- 12 oz. cream cheese, softened
- 4 oz. sour cream (1/3 cup plus 1 Tbs.), at room temperature
- 1 Tbs. all-purpose flour
- 1 tsp. pure vanilla extract
- ½ tsp. kosher salt
- 2 large eggs, at room temperature

Position a rack in the center of the oven and heat the oven to 350°F.

In a small bowl, mix the crushed cookies with 2 Tbs. of the sugar. Add the melted butter and toss with your fingers until evenly moistened. Transfer the crumbs to a 9½-inch fluted tart pan with a removable bottom. With your fingers, gently pack the crumbs into the bottom and up the sides to form the crust. Bake on a rimmed baking sheet

until set, 10 to 12 minutes. Set aside to cool. Reduce the oven temperature to 325°F.

Meanwhile, in a 1-quart saucepan over medium heat, bring the cherry purée to a simmer. Whisk in the cherry preserves and continue to simmer until the mixture thickens slightly, 3 to 5 minutes. Stir in the kirsch and continue to cook for 30 seconds more. Remove from the heat and let cool

In a stand mixer fitted with the paddle attachment, beat the cream cheese and remaining ½ cup sugar on medium-low speed until the mixture is smooth and fluffy, about 3 minutes. Add the sour cream, flour, vanilla, and salt and beat until well combined, about 1 minute more. Add the eggs one at time, beating until just combined, about 15 seconds for each egg (do not overbeat).

Pour the batter into the crust and distribute evenly. Dot the batter with the cherry mixture and gently drag a butter knife through the filling to form decorative swirls.

Bake until the tart is just set but still slightly moist in the center, 18 to 24 minutes. Cool on a wire rack. Refrigerate for at least 4 hours. Serve cold. The tart may be made up to 1 day ahead.



MAKE IT TONIGHT

Just 30 minutes to dinner, start to finish



steamed mussels with chorizo, smoked paprika, and garlicky croutons

Just 30 minutes to a delicious dinner party dish. The chorizo and mussels cook together, creating a briny, smoky broth that begs to be sopped up with garlic toast. Add a salad and you're done.

Serves 4

- 5 Tbs. extra-virgin olive oil
- 6 cloves garlic, 2 minced and 4 thinly
- 1 small yellow onion, thinly sliced Kosher salt
- 34 tsp. smoked sweet paprika
- 1 cup seeded and diced fresh tomato or one 141/2-oz. can diced tomatoes, drained
- 1 cup dry white wine
- 6 oz. Spanish-style chorizo, cut into 3/4-inch pieces (11/4 cups)

- 3 sprigs fresh thyme
- 4 lb. mussels, scrubbed and debearded
- 1 baguette, cut on the diagonal into ½-inch slices

Freshly ground black pepper

Combine 3 Tbs. of the olive oil and the minced garlic in a small bowl and set aside. Position an oven rack about 4 inches from the broiler element and heat the broiler on

In a 6-quart Dutch oven, heat the remaining 2 Tbs. olive oil over medium-high heat until shimmering hot. Add the onion and a pinch of salt and cook, stirring occasionally, until softened but not browned, about 3 minutes. Stir in the sliced garlic and cook until the edges of the onion begin to brown, about 1 minute. Stir in the smoked paprika and cook until fragrant, about 30 seconds. Add the tomatoes, wine, chorizo, and thyme and bring to a simmer, stirring occasionally. Stir in the mussels, coating them with the sauce mixture. Cover and cook, stirring 2 or 3 times, until the mussels have opened, 8 to 10 minutes.

Meanwhile, arrange the baguette slices in a single layer on a rimmed baking sheet and brush them with the garlic oil, dividing the bits of garlic evenly among the slices. Sprinkle with salt and pepper and then broil, rotating the baking sheet as needed, until evenly browned and crisp, 1 to 2 minutes. Discard any mussels that have not

opened. Serve the mussels with the sauce and the croutons. —Dawn Yanagihara



Scott Phillips; food styling by Samantha Seneviratne



vietnamese-style beef with garlic, black pepper, and lime

Steamed jasmine rice is a good accompaniment to this sweet-savory dish, but you can also serve it with lettuce leaves for wrapping or on a bed of watercress.

Serves 4

- 2 Tbs. soy sauce
- 2 Tbs. fresh lime juice
- 1½ Tbs. light brown sugar
- 1 Tbs. fish sauce
- 5 cloves garlic, minced
- 3 Tbs. peanut or canola oil Kosher salt and freshly ground black pepper
- 1½ lb. beef tri-tip steak or tenderloin, cut into ¾-inch pieces
- 1 medium yellow onion, sliced into¼-inch-thick wedges
- 3 Tbs. chopped salted peanuts, preferably toasted
- 2 scallions, both green and white parts, thinly sliced

In a small bowl, combine the soy sauce, lime juice, sugar, and fish sauce; stir until the sugar dissolves. In another small bowl, stir the garlic, 1½ tsp. of the oil, and 1½ tsp. pepper.

Season the beef with salt and pepper. In a 12-inch nonstick skillet, heat 1½ tsp. of the oil over medium-high heat until shimmering hot. Swirl to coat the skillet. Add half of the beef in a single layer and cook, without stirring, until well browned, 1 to 2 minutes. Using tongs, turn the pieces over and brown on the other side, 1 to 2 minutes more. Transfer to a medium bowl. Add 1½ tsp. oil to the skillet and repeat with the remaining beef, adding it to the bowl with the first batch when done.

Put the remaining 1½ Tbs. oil in the skillet and heat until shimmering hot. Add the onion and cook, stirring frequently, until it begins to soften, 2 to 3 minutes. Add the garlic mixture and cook, stirring constantly, until fragrant, about 30 seconds. Return the beef and any accumulated juices to the pan and stir to combine. Add the soy sauce mixture and cook, stirring constantly, until the beef and onions are coated and the sauce thickens slightly, 2 to 3 minutes. Serve sprinkled with the peanuts and scallions.

—Dawn Yanagihara

grilled radicchio and romaine salad

Grilling your dinner tonight? Toss some radicchio and romaine on the grill, too, for this savory, smoky side salad.

Serves 4

- 1 medium head romaine lettuce (about 1lb.)
- 1 medium head radicchio (about 8 oz.)
- ½ cup extra-virgin olive oil
- 1 medium clove garlic
- 1 small anchovy fillet, rinsed and patted dry
- 21/2 Tbs. balsamic vinegar
- ½ tsp. Dijon mustard
 Kosher salt and freshly ground black pepper
- 1½ oz. Parmigiano-Reggiano, grated on the large holes of a box grater (½ cup, lightly packed)

Prepare a medium-high gas or charcoal grill fire, or heat a grill pan over medium-high heat until hot

Cut the romaine and radicchio in half through the root ends. Rinse the leaves and dry well.

Pour the oil into a large baking dish. Dip the lettuces cut side down in the oil, swirling to coat well; then place them cut side down on the grill. Grill, covered, without turning, until charred and wilted in spots, about 4 minutes. Transfer to a cutting board. Remove the cores and chop the lettuce into bite-size pieces.

Press the garlic and the anchovy through a garlic press into a large salad bowl (or mince by hand). Whisk in the vinegar, mustard, and ½ tsp. each salt and pepper. Transfer the lettuces and any juice from the cutting board to the salad bowl. Add the cheese and toss well.

-Bruce Weinstein and Mark Scarbrough





pan-seared tuna steaks with warm tomato, basil, and olive salad

Serve this with fluffy couscous for a summery weeknight dinner.

Serves 4

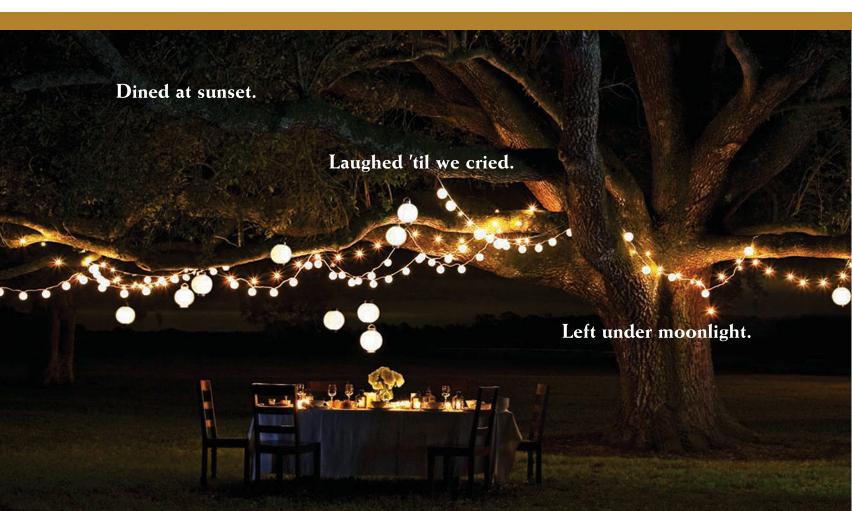
4 5-oz. boneless, skinless tuna steaks

Kosher salt and freshly ground black pepper

- 2 Tbs. extra-virgin olive oil
- 1 medium shallot, finely chopped
- 2 cups mixed yellow and red grape or cherry tomatoes, halved
- 1/3 cup sliced pitted green olives, such as picholine or Cerignola
- 2 Tbs. finely chopped fresh basil
- 1/2 Tbs. fresh lemon juice

Season the tuna with 1 tsp. salt and 1/4 tsp. pepper. Heat the oil in a 12-inch skillet over medium-high heat. Arrange the tuna in the skillet in a single layer and cook, turning once, until done to your liking (3 to 4 minutes for medium rare). Transfer the tuna to a large plate. Reduce the heat to medium and add the shallot to the skillet. Cook, stirring, until golden-brown, about 1 minute. Add the tomatoes, olives, basil, 1/2 tsp. salt, and a few grinds of pepper; cook until warmed through and the tomatoes are just softened, about 2 minutes more. Remove the skillet from the heat and gently stir in the lemon juice.

Transfer the tuna to plates, top with the tomato salad, and serve. —*Liz Pearson*





bison burgers with thousand island barbecue dressing

Bison (buffalo) meat is a great substitute for beef—it's just as flavorful but much leaner. Take care not to overcook it, as it can dry out quickly.

Serves 4

- 14 cup mayonnaise
- 1 Tbs. chili sauce, such as Heinz
- 4 tsp. smoky barbecue sauce
- 1 tsp. sweet pickle relish
- 1/4 tsp. Worcestershire sauce
- 1½ lb. ground bisonKosher salt and freshly ground black pepperOil for the grill
- 4 rolls or hamburger buns, split
- 4 leaves iceberg lettuce
- 1 large vine-ripened tomato, preferably heirloom, sliced

Prepare a medium-high gas or charcoal grill fire.

Mix the mayonnaise, chili sauce, 2 tsp. of the barbecue sauce, sweet pickle relish, and Worcestershire sauce in a small bowl. Set aside.

In a medium bowl, use your hands to gently mix the bison with the remaining 2 tsp. barbecue sauce, 1¼ tsp. salt, and ¾ tsp. pepper. Form into four ½- to ¾-inch-thick patties.

Lightly oil the grill grate and place the patties on the grate. Cover and grill for 4 to 5 minutes. Flip the burgers, cover, and cook to desired doneness, about 5 minutes for medium (130°F to 135°F on an instant-read thermometer).

while the burgers cook, toast the rolls on the grill. Spread some of the dressing on each half of the roll and arrange a lettuce leaf and a slice or two of tomato on the top halves. When the burgers are done, put them on the bottom halves. Assemble the sandwiches, cut in half if you like, and serve. —Bruce Aidells





1 tbsp. brown sugar

1 tsp. Sicilian Sea Salt

1/2 tsp. Garlic Powder

1 tbsp. Roasted Ground Cumin

1 tsp. Mediterranean Oregano Leaves

1/4 tsp. Ground Cayenne Red Pepper

steaks (about 3/4-inch thick)

1 lb. boneless beef sirloin or New York strip

1 pt. assorted cherry tomatoes, quartered

GRILL steaks over medium-high heat 6 to 8 minutes per side or until desired doneness. Serve with Tomato Relish. Makes 4 servings.

For the Tomato Relish recipe and other recipes featuring Roasted & Toasted spices, visit mccormickgourmet.com

1/4 cup chopped red onion

1 tbsp. balsamic vinegar

1 tbsp. olive oil

Great Finds

Our latest buys for the kitchen and table. BY MELISSA DENCHAK





These modernist Ekke shot glasses are made of soapstone, not glass. Freeze them before using and they'll keep your favorite tipple chilled-no ice required. \$40 for four; teroforma.com; 877-899-1190.



As soft, smooth, and supple as leather, Bambu's new line of bowls is made from water- and stain-resistant natural cork. They're flexible, durable, and great for bread and fruit. Medium round bowl, \$33; bambuhome.com; 877-226-2829.

A Rare Bean

Made from Pure Nacional, a highly prized variety of cacao bean that was (until recently) thought to be extinct, Fortunato No. 4 is a full-bodied dark chocolate with fruity notes and a silky smooth texture. Reintroduced to the United States by

Oregon-based chocolatier Moonstruck, this single-origin Peruvian chocolate is not to be missed. \$12 for a 2-ounce bar; moonstruckchoco late.com; 800-557-6666.



The Real Thing

This all-natural ginger ale is refreshing, slightly sweet, and packed with gingery heat. It's made with pure cane sugar and fresh ginger and comes unfiltered, so you can even see the ginger bits. \$36 for twelve 12-ounce bottles, **Bruce Cost Fresh Gin**ger Ale; harney.com; 888-427-6398.



Clearly Indispensable

Use this gorgeous glass drink dispenser from Roost to show off fruit-filled summer sangrias, bright cocktails, or fresh lemonade. Large (21/4-gallon) Geneva Beverage Dispenser, \$215; mxyplyzyk .com; 800-243-9810.

Perfect Setting

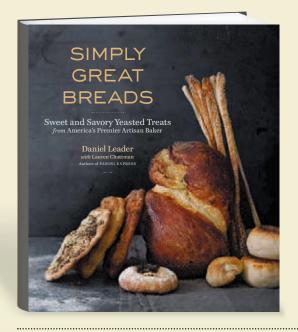
These vintage-inspired, double-sided "Cutlery" placemats from Cake Table & Home are made from 100 percent recycled paper. Thick and durable, they add casual elegance to outdoor barbecues and informal dinner parties. \$25 for a box of 25; cakevintage .com; 615-385-7254.



A Spoonable Snack

Move over peanut butter-our new favorite spreadable treat is made from crushed Belgian spice cookies. Rich with gingersnap and caramel flavors, creamy-smooth Biscoff Spread is delicious on crackers and fruit, or straight from the jar. **\$12.95 for two** 14-ounce jars; biscoff .com; 800-422-2924.

Shop Our Online Store COOKBOOKS, HOW-TO GUIDES, DVDs & MORE



Bake amazing artisanal breads

Master the art of bread making with Simply Great Breads from Daniel Leader, America's premier artisan baker. Here, you'll learn the secrets of successfully working with yeast dough to create soul-satisfying breads in an amazing array of choices, from sweet to savory.

Discover 50 delicious recipes for classics like Parker House rolls, bagels, brioche, and waffles. Master the techniques for making specialty breads, such as: babka, bialys, ciabatta, challah, monkey bread, and even homemade doughnuts.

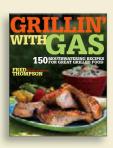
Delight in making your own oven-fresh breads.

Simply Great Breads

Hardcover Product #071313 \$22.00



Fine Cooking In Season Paperback Product #071316 \$22.95



Grillin' with Gas **Paperback** Product #071225 \$19.95



All New Kitchen **Idea Book** Paperback Product #071232 \$19.95





Outdoor Kitchen Ideas That Work Paperback Product #070968 \$19.95



DamGoodSweet Hardcover Product #071264 \$25.00

FineCooking.com/ShopNow

Your destination for trusted cooking know-how



The Summer Beer

Light, refreshing wheat beers are about to become your new favorite hot-weather brew. BY STEPHEN BEAUMONT

IN BAVARIA, there's a popular brunch tradition of washing down sausages and pretzels with tall glasses of crisp, refreshing wheat beer. Beer for breakfast? Absolutely.

Wheat beer is brewed from barley—as are most beers—and wheat. The wheat both

lightens the beer's body and contributes different flavors, most often citrusy, yeasty, or



The name game

There are three styles of wheat beer-Bavarian, Belgian, and American (the geographic reference helps beer drinkers identify the style of the beer, not necessarily where it's produced). No one is quite sure why, but the Bavarian and Belgian styles have always been called "white beers" (American wheats are the exception—they're simply known as wheat ales). Some attribute the nickname to the beer's hazy appearance and pale hue, which is said to shimmer and look almost white in the sunlight. But whatever the back story, the white beer theme is reflected in the slew of names that appear on wheat beer labels: white beer, wit (white), or bière blanche (white beer in French) for the Belgian style, and weissbier (white beer) or weisse (white) for Bavarian-style wheats.

The Bavarian style

Bavarian weissbier is a centuries-old style brewed today throughout Germany and, indeed, the world. It's a typically cloudy brew, thanks to a nutritious and flavorful sediment left in the beer during production, and it boasts fruity, spicy flavors and aromas—think banana and fresh lemon, clove and black pepper. But don't let these flavors mislead you-no fruits or spices are added to the beer during production. In keeping with German brewing traditions, all that goes into this style of wheat beer is wheat and barley (sometimes as much as 80 percent wheat to 20 percent barley), hops, water, and yeast. It's the yeast that's responsible for those fruity and spicy notes, and also for this style's other popular name, hefeweizen ("hefe" means yeast, "weizen" means wheat).

The Belgian way

Unlike Bavarian-style wheats, wheat beers made in the Belgian style do have spices added to them, namely coriander seed and bitter-orange peel. Brewed from about two-thirds barley and one-third wheat, this combination produces very pale, cloudy beers with light body and fruity-peppery character. They're incredibly lively and refreshing.

A Buyer's Guide to Wheat Beers

Here's a taste of the three types of wheat beer, ranging from the citrusy, malty American style, to the hearty banana and clove Bavarian style, to the light bitter-orange and coriander Belgian style.

AMERICAN STYLE

(also known as wheat ale)

Widmer Hefeweizen

This beer is mislabeled-it's not fermented with Bavarian yeast, so rather than banana and clove notes, this densely cloudy ale boasts refreshing citrus and melon flavors leading to an offdry finish. (\$7.99/ six-pack)

Anchor **Summer Beer** First brewed in San Francisco in

1984 (and formerly known as **Anchor Wheat** Ale), this brew is light, effervescent, and lemony, with a clean and appetizingly dry finish. (\$9.99/six-pack)

BAVARIAN STYLE

(also called hefeweizen, weissbier, or weisse)

Schneider Weisse

Brewed in Germany by four generations of Schneiders, this beauty has a coppery color and a clovey, peppery spiciness that balances the banana and candied citrus fruit in the body. (\$3.99/16.9-oz.

König Ludwig Weissbier Hell

The word "hell" here means pale, not where you'd be consigned for drinking this light-hued fruitforward, citrusaccented wheat beer that's brewed iust outside Munich. (\$11.99/ six-pack)

Flying Dog In-Heat Wheat

Irreverent in name and label, this Maryland-brewed beer is nevertheless true to Bavarian traditions, with a fruity, apple-and banana-accented aroma and a smooth body that shows off the spiciness of its yeast.

BELGIAN STYLE

(also called white beer, wit, or bière blanche)

Blanche de Chambly

This sandy-gold beer offers a stellar mix of coriander spice and orangy accents, with a fuller-than-most body that's still lively and refreshing. (\$7.99/750-ml bottle)

St. Bernardus Wit This is peppery,

orangy, and faintly tart, with a pedigree to be proud of: Pierre Celis, the Flemish creator of the ever-popular Hoegaarden, served as a consulting brewer. (\$4.29/11.2-oz. bottle)













Likely dating back to at least the Middle Ages, Belgian wheat beer fell out of fashion by the mid-1960s due to the popularity of lagers and other beers. But a young Flemish brewer, Pierre Celis, rescued the style from near-obscurity by creating Hoegaarden White, a global top-seller today. In fact, the Belgian-style wheat beer is so popular that having Hoegaarden or some other Belgianstyle wheat on tap is almost de rigueur for any bar that's serious about its beer selection, particularly in the summertime.

Made in America

The American-style wheat beer, known as wheat ale, got its start in the 1980s, when American craft brewing was just beginning. Most of the new microbreweries of that day produced bold, British-inspired ales, primarily to differentiate themselves from the lager-brewing giants Anheuser-Busch, Coors, and Miller. As time went on, however, some of these microbrewery visionaries decided it would be beneficial to also offer a lighter, more mainstream brew. So they added some wheat to their ale recipe (anywhere from as little as 10 percent wheat to as much as 50 percent or more), creating a fresh, light-bodied wheat ale. These new wheat ales offered fresh, malty-grainy aromas and dry, lemony malt flavors.

Some brewery owners, trying to evoke the imagery of the iconic Bavarian beer hall, christened these new wheat ales "hefeweizens," even though the beer wasn't fermented with Bavarian yeast and had no notes of banana or clove. Although it's much less common today, if you come across an Americanbrewed bottle labeled "hefeweizen," also look

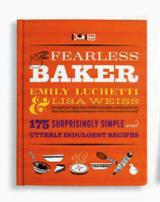
for the words "Bavarian style" or "German style" if you want rich banana and spice flavors. If those words aren't there, you've got yourself a true-to-style citrusy wheat ale.

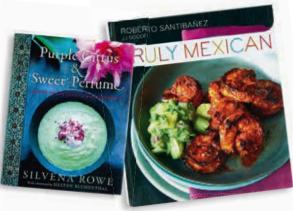
Drink up

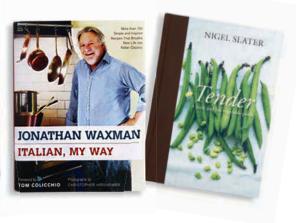
Thanks to their refreshing flavor, wheat beers are one of the fastest-growing beer styles on the market. Beer-drinking food lovers know why: Brunch traditions aside, wheat beers pair well with all sorts of summer fare, from quiches to chilled seafood, fruit salads to grilled meats. Light, fresh, and delicious, wheat beers are like summer in a bottle.

Stephen Beaumont is a drinks and travel writer and an authority on artisan beers.









The Reading List

New must-have reads for food lovers. BY RAQUEL PELZEL

The Fearless Baker

By Emily Luchetti and Lisa Weiss

Little, Brown and Company, \$29.99

As much a science as it is an art, baking can intimidate the home cook. In her sixth cookbook dedicated to all things sweet, James Beard Award-winning pastry chef Emily Luchetti rids people of worry by taking on the role of baking mentor. She baked each of the 175 homey, irresistible recipes in this book with friends and family, whom she nicknamed the "Fearful Bakers." Their chatty dialogue is sprinkled throughout, providing insight into Luchetti's methods and answering many of the questions a cook might have about recipes like Coffee-Chocolate Meringues or Lemon Crème Brûlée. Her approachable style is sure to turn any worry into confidence.

Purple Citrus & Sweet Perfume

Cuisine of the Eastern Mediterranean

By Silvena Rowe

Ecco, \$34.99

In Britain, Silvena Rowe is a bit of a rock star, having made her mark in television, restaurants, and food writing. In her newest tome, the Bulgarian-born chef explores eastern Mediterranean countries like Jordan and Turkey, with recipes for everything from mezze to mains. Dishes such as Veal, Sour Cherry, and Almond Stuffed Vine Leaves and Aleppo Pepper Marinated Chicken Kebabs marry succulence and spice, while a smattering of fables, poems, and stories lend this book depth and perspective. It's a romantic ode to the beautiful traditions of a region that's often overlooked and undercooked.

Truly Mexican

By Roberto Santibañez

Wiley, \$35

The flavors of Mexico are at your fingertips, so long as you master a few simple cooking techniques. This is the philosophy of Roberto Santibañez, the former culinary director of New York-based Rosa Mexicano restaurants and the owner of Fonda, a Mexican eatery in Brooklyn. His book offers a learn-as-you-go approach: Nail the technique for toasting chiles, and you can make adobo sauce for Adobo-Marinated Shrimp or Lamb Shanks Braised in Parchment. There are how-to illustrations for folding tamales, charts dedicated to chile varieties, and tips that really teach.

Italian, My Way By Jonathan Waxman

Simon & Schuster, \$32

Jonathan Waxman likes his food direct, simple, and delicious—a style of cooking that sums up the more than 150 Italian recipes in his new book. The chef-owner of the Manhattan brasserie Barbuto (and former Chez Panisse chef), Waxman offers a full menu of dishes that are appealing in their brevity. There's Pompano in a Paper Bag, Sautéed Mushrooms on Creamy Polenta (the first dish Waxman served at Barbuto), and Caramel Panna Cotta, to name a few. Even the recipe for Leg of Lamb Braised for Seven Hours is deliciously simple. These recipes come together with the casual ease you'd expect to find in a neighborhood trattoria.

what we're reading now

With its exotic, complex flavors, Indian cuisine might seem difficult for American home cooks to master, but not with Suneeta Vaswani's book, Easy Indian Cooking (\$19.95, Robert Rose). I've cooked from this book for vears and always with good results. Some of my favorites are the Sindhi Spinach, Green Beans with Mustard Seeds, and Carrots with Cumin and Nigella.

-Jennifer Armentrout, senior food editor

Tender

A Cook and His Vegetable Patch

By Nigel Slater

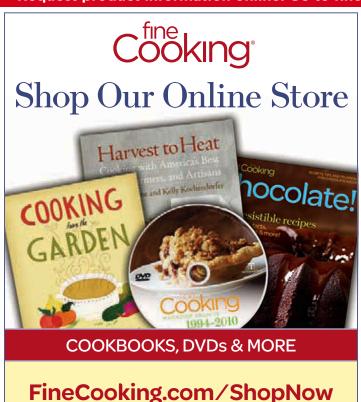
Ten Speed Press, \$40

In this 400-recipe cookbook, renowned British food writer and television personality Nigel Slater wittily details his experience as an urban gardener and cook. Chapters are arranged alphabetically by ingredient, starting with asparagus and ending with zucchini. Planting and gardening advice is paired with vegetable prep tips, cooking suggestions, and seasonally driven recipes: In spring, there's A Pilaf of Asparagus, Fava Beans, and Mint; for summer, An Eggplant Bruschetta, and later in the year, Winter Cabbage, Juniper, and Cream. Recipes like these will keep you cooking from the garden (or market) year-round.

Raquel Pelzel is a Brooklyn-based food writer and cookbook author.



Find recipes from these and other cookbooks at FineCooking.com/extras.



Your destination for trusted cooking know-how

The Taunton Press



finecooking.com/marketplace | 800-929-1431 x3009



Keep your *Fine Cooking* back issues looking brand new.

Store your treasured copies of *Fine Cooking* in slipcases for easy reference again and again!

Bound in red and embossed in gold, each case holds more than a year's worth of *Fine Cooking*.

Only \$8.95 (\$24.95 for 3, \$49.95 for 6).

Plus shipping and handling. Payable in U.S. funds. Product #051050.

To place an order, call **1-800-888-8286** Mon.-Fri. 9AM - 9PM EST and Sat. 9AM - 5PM EST International customers, call 203-702-2204



HOW TO MAKE

Rice Pudding

A classic dessert that every cook should know how to make. BY CINDY MUSHET

RICE PUDDING IS THE BEST KIND OF COMFORT FOOD. Not only is it sweet, rich, and seductive—an indulgent custard that begs to be topped with a spoonful of whipped cream—it's also easy to make. Rice (long or short grain) is combined with whole milk, sugar, vanilla, and cinnamon and cooked until tender. Egg yolks are stirred in to

thicken the pudding to a luxurious consistency, while an extra splash of milk added during the last few minutes of cooking ensures creamy results. Refrigerate the pudding until chilled (or see the sidebar opposite if you think it simply must be eaten warm); then grab a spoon and dig in.

Rice Guide

Although long-grain rice is the traditional star in rice pudding, you can use any white rice you have in your cupboard (except parboiled or precooked). Different varieties produce different results; these are our favorite options:

Carolina long grain These grains are long and

slim. When cooked, they tend to remain separate, producing a looser custard with fluffy, slightly chewy grains.



Basmati This long-grain variety originated in East India. When cooked, its grains separate easily and lend a nutty flavor and perfumed note to the pudding.



Jasmine Another aromatic long-grain rice, this Thai variety produces a pudding with floral notes and a slightly soft, sticky texture.



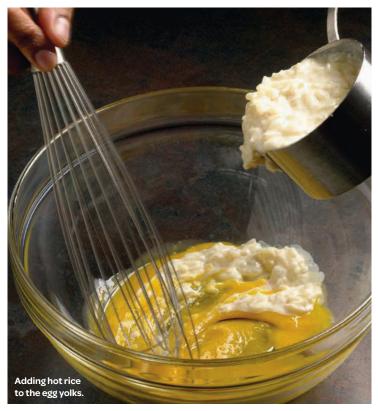
Arborio The higher starch content in this fat, round short-grain rice lends the pudding a creamy, somewhat sticky consistency.



Tool Kit

Have these kitchen essentials on hand before you start the recipe:

- Liquid and dry measuring cups
- Medium bowl
- Measuring spoons
- Whisk
- 4-quart saucepan
- Bowls for ice bath • Plastic wrap
- Paring knife • Wooden spoon
- ramekins
- Small bowls or



Need to Know

Cook the rice until tender For the best texture, make sure your rice is fully cooked. As it softens, stir it gently to keep the grains from breaking up.

Temper the eggs Whisking the yolks with a bit of the hot rice before adding the yolks to the pot gradually warms (tempers) them and prevents scrambling.

Add more milk A bit of extra milk added toward the end of cooking ensures that the pudding will have a velvety texture when chilled. (If you prefer warm rice pudding, omit this step. The warm temperature will keep the pudding plenty loose and creamy.)

Cool and cover Rice pudding needs to cool completely before it's refrigerated. To cool it quickly, put the just-cooked pudding in a bowl and set the bowl in an ice bath. Lay a piece of plastic wrap directly on the surface of the pudding to prevent it from forming a skin as it cools.



Although the pudding will look a bit loose when cooked and still warm, it will thicken to the perfect consistency upon cooling.

Serves 6

- 43 cups whole milk
- ½ cup white rice, such as Carolina long grain, basmati, jasmine, or arborio (see Rice Guide, opposite)
- 7 Tbs. granulated sugar
- 1 vanilla bean
- 1 3-inch cinnamon stick
- 2 large egg yolks
 Lightly sweetened whipped cream
 for serving (optional)

In a 4-quart saucepan, combine 4 cups of the milk with the rice and sugar. With a paring knife, split the vanilla bean lengthwise, scrape out the seeds, and add them to the pan. Add the scraped vanilla bean and the cinnamon stick and bring the mixture to a boil over medium heat. Reduce the heat as necessary to maintain a simmer and cook, stirring frequently but gently, until the rice is completely tender, about 25 minutes. Remove the pan

In a medium bowl, whisk the egg yolks until smooth. Whisk in about 1 cup of the hot rice mixture. Pour the egg mixture back into the pan, add the remaining % cup milk, and stir with a wooden spoon until thoroughly blended. Put the pan over medium heat and cook, stirring constantly, just until the mixture begins to boil, about 2 minutes.

Transfer the rice pudding to a bowl and place a piece of plastic wrap directly on its surface. Set the bowl in an ice bath to cool the pudding quickly. When cool, discard the cinnamon stick and the vanilla bean. Divide the pudding among 6 small bowls or ramekins, cover with plastic wrap, and refrigerate for at least 3 hours before serving. Serve topped with a spoonful of whipped cream, if using.

Cindy Mushet is a pastry chef, baking instructor, and food writer. She is the author of the awardwinning cookbook The Art and Soul of Baking.

Some Like It Hot

Prefer your rice pudding warm? Not a problem. Use the recipe here, but when you add the egg yolks, omit the final addition of 3/3 cup milk. Cook as directed; remove the finished rice pudding from the heat and discard the cinnamon stick and vanilla bean. Spoon the warm pudding into small bowls and serve immediately with a generous dollop of whipped cream.





Woks

There's no better pan for stir-frying, but how to know which one to buy? Here are our top picks among the many we tested. BY RHONDA PARKINSON

IF YOU LOVE TO STIR-FRY, YOU NEED A WOK. Unlike a skillet, a wok has sloped sides that give you more surface area for cooking and naturally direct food into the center of the pan, where it's hottest. This helps food sear quickly and keeps ingredients from spilling out as you toss and stir.

More specifically, you need a flat-bottom wok, which is designed to sit directly over a stove's burner so it gets very hot. Round-bottom woks, though more traditional, often need to be stabilized with a wok ring, which can lift them up and away from the burner and keep them from really heating up.

And then you need to pick a material. Cast iron, carbon steel, and nonstick are the most popular types of woks on the market today.

> We tested models in all three categories to understand the benefits and drawbacks of each. Here are the top performers in each category.

What to Look For

Size A 14-inch wok is great for preparing a stir-fry for four, while a 10-inch wok will suffice for a one-person meal.

Shape Look for a wok with deep flared sides that are neither too steep (to the point of being near vertical), nor too shallow. The flat bottom should be no more than 7 inches across, or the pan will function more like a skillet than a wok.

Handle For lighter woks, a long stick-style handle with an opposing helper handle provides maximum control. Heavier woks (such as cast iron) often have two looped side handles for

safer lifting. Wooden and heatresistant handles are designed to tolerate high temperatures; metal handles may become hot.

Safety Sturdy construction and firmly attached handles will keep a wok from tipping over during cooking.

Lid Sometimes sold as part of a wok set, lids can also be purchased separately. A lid that is ½ to 1 inch smaller than the top of the wok will fit snugly inside. A glass lid lets you monitor food while it cooks. An aluminum lid with a plastic, stay-cool knob will save you from having to use potholders when lifting the lid.

CARBON STEEL

Joyce Chen Pro-Chef Wok, 14 inch

\$40 at chefscatalog.com

Carbon-steel woks are less durable than heavy-duty cast iron, but they're lighter and heat up in no time. Seasoning is a must for these woks (see Test Kitchen, page 89) to avoid rusting and to keep food from sticking.

WHY THIS WOK The Joyce Chen Pro-Chef wok heated faster and more evenly than other models in this category. Chicken browned quickly without sticking to the pan, and shrimp came out evenly cooked. The roomy, 61/2-inch flat bottom gave strips

of beef plenty of space to sear (in another carbon-steel model, the beef was too crowded and didn't brown well).

The Pro-Chef weighs about 4 pounds and has a heatproof handle with a comfortable grip on one side and a wide side handle on the other, making it easy to control when cooking. The initial seasoning process recommended by the manufacturer took about an hour, but the pan aced every stir-fry test thereafter.

CAST IRON

Lodge Pro-Logic Wok, 14 inch

\$80 at lodgemfg.com

Cast-iron woks are extremely durable and excel at retaining and evenly distributing heat. That said, they're also heavy and take a while to heat up when compared to carbon-steel and nonstick models. Cast-iron woks need to be seasoned.

WHY THIS WOK The Lodge Pro Logic wok won us over with its sturdy construction and superior performance. It weighs 14 pounds and took at least 10 minutes to heat up, but once hot, it distributed and held heat

How We Tested

We tested nine flat-bottom woks (three each in the carbonsteel, cast-iron, and nonstick categories) by stir-frying shrimp, chicken, and beef with broccoli. We assessed each wok's heating capabilities, including speed of heating and heat retention. We looked at design, method of seasoning (if required), durability of the nonstick coating (for nonstick models), ease of handling, and cleanup.

The Electric Option

Electric woks free up stovetop space and automatically maintain pre-set cooking temperatures. Although some models can't reach the high temperatures that stir-frying demands, we found that the **Presto Stainless-Steel Electric Wok** (\$75 at sears.com) best met the challenge.

The wok sits on a sturdy aluminum-clad base, has two looped side handles that stay cool during cooking, and comes with a tempered glass lid. It heated fairly quickly and maintained a steady, adequate stir-fry temperature. It doesn't deliver the same intense, aromatic flavor that you'd get with a stir-fry cooked over the higher heat of a stove, but it's a good choice for those who want a plug-in option.



like no other cast-iron wok we tested: We didn't need to turn the stovetop dial past medium to sear beef, and shrimp was perfectly cooked in less than 2 minutes. What's more, the food cooked without sticking, making for quick cleanup. The wok has two looped side handles (which do get hot) and just the right amount of curve to make scooping out food easy (unlike other woks we tested, it's fully rounded on the inside, with a flat base on the outside). This model comes preseasoned.

NONSTICK

Helen Chen's Asian Kitchen Excalibur Lidded Wok, 14 inch

\$50 at amazon.com

Nonstick woks prevent food from sticking, require little to no seasoning before using, and are easy to clean. Not every nonstick finish can tolerate the high temperatures required for stir-fries, though, so some models won't last as long as cast-iron and carbon-steel alternatives.

WHY THIS WOK With two coats of nonstick finish applied to a stainless-steel-coated carbon-steel base, the Helen Chen Excalibur is designed to withstand the high heat required for stir-fries. It was fast to heat up and maintained a well-distributed heat throughout testing. Beef seared beautifully, and chicken browned nicely. Other

nonstick models we tested just weren't up to the task: When we stuck to the medium-high heat recommended for one model, broccoli came out limp, and beef simmered instead of sizzled. In another wok, the nonstick finish degraded, developing patches of black, sticky residue when we turned the burner to high.

With a long, ergonomic, and heatproof handle on one side and an opposing helper handle, the Excalibur is easy to maneuver. It has a wide 6¾-inch base and comes with a domed glass lid. The Excalibur was the only nonstick model we tested that required a light seasoning before the first use, but it's easy to do and takes only 5 minutes.

Rhonda Lauret Parkinson is the author of The Everything Stir-Fry Cookbook. She lives in western Canada.



A City Slicker in the Kitchen

He'd never been out West, lived on a ranch, or cooked for a crowd. But how hard could it be? BY ROWAN JACOBSEN

THE SUMMER AFTER GRAD SCHOOL, I scored a job as the cook at the T Cross dude ranch in Dubois, Wyoming. I was an unlikely candidate. I could make a solid omelet, a nice pasta caprese, and a paradigm-shattering bowl of hummus. Based on that résumé, my friend, who had worked at the T Cross the previous summer, had convinced the ranch owners that I was the second coming of James Beard. In truth, I was coming out of a creative writing program with no job prospects and a long-simmering desire to see the West. I jumped at the chance. I had never cooked for more than four people, but the season was only a hundred days long. How hard could it be?

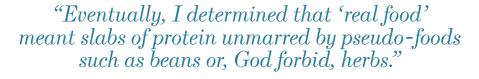
I drove the 24 hours from North Carolina to Wyoming, marveling as the landscape

"Herbs?" I ventured.

"Don't use them anymore. They give me indigestion. Also, when guests are here, it's OK to serve chili for lunch, but dinner has to be real food."

Eventually, I determined that "real food" meant slabs of protein unmarred by pseudofoods such as beans or, God forbid, herbs. My entire repertoire was out the window. Then Ken dropped the real bomb on me. "The Marlboro Men are shooting some ads here tomorrow," he said. "There's a side of buffalo in the walk-in. We need buffalo stew for 30 at lunch."

Yes, this was where Marlboro shot many of its ads. The T Cross was that perfect. If vou've seen an ad of a weathered Marlboro



turned Martian. At Dubois, I snaked up a dirt road deep into the mountains, came around a corner, and beheld the manifestation of all my western daydreams. A rustic lodge and a dozen log cabins shining golden in the afternoon sun, encircled by 11,000-foot peaks. Dun horses kicked up dirt in the corral.

I tracked down Ken, the ranch owner. "Good, you're here," he said. "We eat at six sharp."

"When does my training start?" I asked. He looked at me funny. "I'll show you the kitchen," he said. "Just staff tonight. Eight of us, counting you."

Left alone in the kitchen with two hours until dinner for eight, I felt the first tendrils of panic. I found a couple of pounds of ground beef in the walk-in and some cans of beans. I managed to put together a half-decent pot of chili. The crew showed up and devoured it without comment. Afterward, Ken stepped into the kitchen.

"How was it?" I asked.

"OK," he said, "but what were those green things?'

Man sitting on his horse in front of a rustic pole barn with a mitten-shaped butte in the background, you've probably seen the T Cross. It's even possible that that Marlboro Man was looking so ornery because he was battling a stomach full of my nearly indigestible buffalo stew, since it would be years before I'd discover the tenderizing effect of long simmering. But it's also possible that the look of existential resignation on his craggy face was the result of my first course.

I'd wanted to impress those cowboys, honest I did. And the most interesting thing I could find in the walk-in was a big bag of frozen blueberries. I remembered once hearing about a blueberry soup, which to me, sounded like elegance itself. I went to work, winging it, and the next day, when the Marlboro Men finally broke from their hard morning of photography and walked into the lodge, doffing their hats and dusters, they were each presented with a bowl of cool, vivid indigo soup, garnished with sour cream and a single mint leaf (except for Ken's).



Let it be said that the Marlboro Men, being real cowboys plucked off the rodeo circuit, are extraordinarily polite. If you set boiled boots before them, they would begin sawing away with their forks and knives. They stared at my soup. Then they stared at each other. Then they ate the soup in silence, and the buffalo stew, too, and tromped back to work. Ken shot me a Clint Eastwood glare, turned, and strode after them.

One meal down, I thought to myself. Only 99 days to go.





wild blueberry soup with mint

Blueberries (especially the tiny wild ones) are less sweet and more earthy than you might think. This almost savory take on a fruit soup includes wine, spices, and herbs. It would make an elegant starter.

Yields about 5 cups; serves 6 to 8

- 8 cups frozen wild blueberries (from one 3-lb. bag), or fresh if available
- 1/2 cup dry white wine
- ½ cup heavy cream
- ½ cup loosely packed fresh mint leaves; more for garnish

- 1 tsp. finely grated lemon zest (from ½ medium lemon)
- ½ tsp. ground cardamom Kosher salt Sour cream or crème fraîche

Heat the blueberries and wine in a 12-inch skillet over medium heat, stirring occasionally, until the blueberries are thawed, about 5 minutes (if using fresh blueberries, bring the mixture to a simmer). Stir in the heavy cream, mint, lemon zest, cardamom, and ¾ tsp. salt.

Working in batches, purée the blueberry mixture in a blender or food processor until

smooth. Strain through a medium-mesh sieve into a storage container. Chill thoroughly in the refrigerator, about 4 hours.

To serve, whisk vigorously to loosen the soup (chilling thickens it). Season to taste with more salt. Ladle the soup into serving bowls and garnish with a dollop of sour cream or crème fraîche and a single mint leaf. Serve.

Rowan Jacobsen's most recent book is Shadows on the Gulf: A Journey Through Our Last Great Wetland.



Drink Up!

Flavored waters are all the rage-but are they good for you? They are if you make them yourself with fresh ingredients. BY ELLIE KRIEGER



"The healthiest (and least expensive) way to get stunning color and taste into water is to flavor it at home."

AS NUTRITION MYTHS GO, the one about needing to drink eight glasses of water a day just might be the biggest. Nobody knows where that number came from or how it caught on, but it's told as if it were a basic fact, like gravity. In truth, the amount of water we require varies widely, depending on the climate, whether you're a man or a woman, and how active you are. Actually, there's no need to even pin down an amount, since our bodies are remarkably efficient at telling us when we need a drink of water.

Thirst, it turns out, is our best guide. The listen-to-your-body method of nutrition isn't always best (do I really

need that piece of chocolate cake I'm craving?), but when it comes to water, our yearnings are spot-on. The hotter it gets, the more we want refreshing, cooling foods and drinks, and if we listen to those desires, the research shows that we wind up getting the right amount. All we really have to do is choose which way to hydrate.

Drink your water (and eat it, too)

As the weather heats up, it's no coincidence that the fruits and vegetables that are fresh for picking are plump with water—juicy, ripe peaches, plums, and melons, crisp lettuces, succulent tomatoes, and cool cucumbers. And the dishes we lean toward, like salads, smoothies, yogurt with fruit, gazpacho, and seafood, also contribute to hydration. Surprisingly, about 20 percent of our total water intake comes from the foods we eat.

You'll get the remaining 80 percent from beverages. Water is best, but other drinks count, too-milk, juices, even coffee and tea. (The latest research shows that despite their caffeine, which acts as a diuretic, coffee and tea do provide a net gain of water for the body.) Water, though, is the ideal choice because of what it lacks—it has no calories.

GOOD TO KNOW

Add Fresh Garnishes

A few tasty garnishes make these homemade waters even more delicious. Here are some to try:

- Add unpeeled slices of orange, lemon, or cucumber, or a sprig of a fresh, tender herb like basil or mint to each glass.
- Serve with fruit-filled ice cubes: Put a few small berries or berry slices in each section of an ice cube tray, add water, and freeze.
- Skewer some seedless grapes, freeze, and use as an icv edible stirrer.

additives, caffeine, or sweeteners, so you can drink it liberally, with no downside. It's as pure and quenching as you can get. But sometimes you want something with flavor.

DIY flavored water

Of course, it's easy to find a wide beverage selection at the store, and some are decidedly better for you than others. I am mesmerized by the variety of options, from soda to sports drinks to enhanced waters. My 8-year-old daughter is easily lured by the supermarket's beautiful array of colorful drinks and regularly begs me for some water concoction that often sounds healthier than it is. There are some good picks, like waters with just a hint of natural flavor, but for others, one look at the ingredient list will make you want to drop the bottle. The vast majority of these drinks are really just soft drinks without carbonation, loaded with sugar or artificial sweeteners and dyes. Plus, they can be pricey.

I've found that the healthiest (and least expensive) way to get stunning color and taste into water is to flavor it at home. The basic idea is quite simple: Purée a fruit or vegetable, strain it to extract the juice, sweeten slightly to taste, and dilute with fresh water to your desired concentration. The three flavored waters here are great examples. The cucumber-flavored water is enhanced with fresh mint and a touch of lemon juice, the blackberry is paired with fresh sage, and the watermelon gets a bright squeeze of lime and a floral hint of basil. All are enticingly tasty ways to quench your thirst.

Registered dietitian Ellie Krieger is a Fine Cooking contributing editor.



Yields 1½ quarts; serves 6

- 1/4 cup lightly packed fresh basil leaves
- 1 Tbs. granulated sugar
- 1 cup boiling water
- 4 cups cubed seedless watermelon (1 lb.)
- 2 Tbs. fresh lime juice

Put the basil leaves and sugar in a small pot and crush the leaves with a wooden spoon. Pour in the boiling water and stir until the sugar dissolves. Set aside to steep and cool for 15 minutes.

Meanwhile, in a blender, purée the watermelon with 2 cups cold water. Strain the watermelon liquid and basil liquid through a fine strainer into a large bowl; discard the solids.

Pour the liquid into a large pitcher. Add the lime juice and 2 cups cold water; stir to combine. Serve over ice.

watermelon-basil water blackberry-sage water

Yields 2 quarts; serves 8

- 15 medium fresh sage leaves
- 2 Tbs. granulated sugar
- 1 cup boiling water
- 6 oz. fresh blackberries

Put the sage leaves and sugar in a small pot and crush the leaves with a wooden spoon. Pour in the boiling water and stir until the sugar dissolves. Set aside to steep and cool for 15 minutes.

Meanwhile, in a blender, purée the blackberries with 2 cups cold water. Strain the black berry liquid and sage liquid through a fine strainer into a large bowl; discard the solids.

> Pour the liquid into a large pitcher Add 5 cups cold water and stir to combine. Serve over ice.

cucumber-mint water

Yields 1¾ quarts; serves 7

- 1/4 cup lightly packed fresh mint leaves
- 2 Tbs. granulated sugar
- 1 cup boiling water
- 1 medium English cucumber (about 1 lb.), peeled, seed core removed, and cut into chunks (2½ cups)
- 2 Tbs. fresh lemon juice

Put the mint leaves and sugar in a small pot and crush the leaves with a wooden spoon. Pour in the boiling water and stir until the sugar dissolves. Set aside to steep and cool for 15 minutes.

Meanwhile, in a blender, purée the cucumber with 2 cups cold water. Strain the cucumber liquid and mint liquid through a fine strainer into a large bowl; discard the solids.

Pour the liquid into a large pitcher. Add the lemon juice and 3 cups cold water; stir to combine. Serve over ice.

Choose (and make) your favorite flavor (clockwise from top): watermelon-basil, cucumbermint, blackberry-sage.





Going Meatless on the Grill

There's so much more to grilling than burgers and hot dogs. Think vegetables, fruit, beans, and even cheese, and you're on your way to delicious vegetarian meals. BY PAM ANDERSON

A FEW YEARS AGO, I decided to be a vegetarian on Mondays and Wednesdays. This left Tuesdays and Thursdays to develop and test meat-centric recipes for the cookbook I was writing, and the weekend for eating anything I wanted.

It was easier than I expected—until summer came along. When I discovered that I couldn't light the grill and throw on a burger or a steak, I was stuck. As a vegetarian, what could I grill? It took some trial and error, but I learned that the answer to this question was, surprisingly, lots of delicious things.

Veering off the grilled meat path opened up a whole world of unexpected dinner options. A big batch of grilled summer vegetables made a hearty sauce for pasta. Instead of beef and turkey burgers, I swapped in flavorful bean burgers. Pizza, fresh from the grill, turned out to be a blank canvas for any number of grilled toppings, including beets, figs, and greens.

Add to those recipes a whole roster of foods I didn't even know I could grill, from avocados to olives, romaine to pound cake (see page 43), and you get the idea. No meat, in the end, was no problem.

spaghetti with grilled ratatouille

Serve this hearty pasta dinner with hunks of Grilled vegetables—that summer side dish staplewarm crusty bread. A light, fruity yet velvety red wine like the Ca' La Bionda Valpolicella easily become a satisfying Classico 2008 would be a delicious accommain course when turned into a vibrant sauce for paniment.

Serves 4

THE MEATLESS GRILL

- medium zucchini (about 12 oz.), trimmed and cut into 1/2-inch rounds on a slight
- and cut into 1/2-inch rounds on a slight

- 1 large red bell pepper (about 8 oz.), stemmed, seeded, and quartered
- large red onion (about 1 lb.), cut into 1/2-inch slices
- small head garlic
- 14 cup extra-virgin olive oil
- tsp. herbes de Provence Kosher salt and freshly ground black pepper
- 34 cup pitted Kalamata olives
- 12 oz. dried thin spaghetti
- 2 Tbs. chopped fresh basil
- 2 tsp. chopped fresh marjoram
- ½ cup crumbled feta or goat cheese

Prepare a high gas or charcoal grill fire. Meanwhile, in a large bowl, toss the tomatoes, zucchini, eggplant, red pepper, onion, and garlic with 3 Tbs. of the oil, the herbes de Provence, and a generous sprinkling of salt and pepper.

Put the vegetables (tomatoes cut side up) and garlic on the grill in a single layer and cover. Grill the tomatoes without turning until their skins have darkened and their flesh is soft; grill the remaining vegetables, turning once, until grill-marked and tender, about 8 minutes. Transfer the tomatoes and garlic to a medium bowl. Transfer the remaining vegetables to another medium bowl and let cool briefly.

When cool enough to handle, very coarsely chop the zucchini, eggplant, bell pepper, and onion; return to the bowl and add 1/2 cup of the olives to the bowl.

Slip the garlic cloves out of their skins into a food processor. Add the remaining ¼ cup of olives, the tomatoes, and the remaining 1 Tbs. of oil; process until smooth.

Meanwhile, bring 3 quarts of well-salted water to a boil in a large pot. Cook the spaghetti in the water about 1 minute less than the package timing for al dente texture. Reserve ½ cup of the water, drain the pasta, and return it to the pot.

Toss ½ cup of the tomato-olive sauce and the basil and marjoram with the warm vegetables in the bowl. Toss the remaining sauce and the reserved cooking liquid with the pasta; stir over low heat for about 2 minutes so the pasta absorbs some of the sauce.

Divide the pasta among 4 plates, top with the vegetables, sprinkle with the cheese, and serve.



THE MEATLESS GRILL

Pizza may not be the first thing you think of, but it makes great grilled fare and is easily topped with a variety of meatless options. Here, grilled beets and their greens are surprisingly delicious toppings.

grilled goat cheese pizza with figs, beets, and wilted greens

Serve these individual pizzas with a mini antipasto platter of grilled red peppers, olives, and marinated artichoke hearts, and a refreshing, citrusy beer like the Full Sail Pale Ale from Hood River, Oregon.

Serves 4

- 4 medium beets with tops, beets peeled and sliced ¼ inch thick, and beet greens washed, stemmed, and thinly sliced
- 4 tsp. extra-virgin olive oil
 Kosher salt and freshly ground black pepper
- Ib. pizza dough (white or whole wheat), at room temperature
 All-purpose flour, as needed
 Cornmeal, as needed
- 4 oz. goat cheese, softened
- 1/3 cup chopped dried figs
- 4 thin slices provolone (about 3 oz.)

Prepare a high gas or charcoal grill fire.

In a medium bowl, toss the beets with 2 tsp. of the oil and a light sprinkling of salt and pepper. In another medium bowl, toss the beet greens with the remaining 2 tsp. oil and a light sprinkling of salt and pepper.

Turn the dough out onto a lightly floured surface. Using a dough scraper or sharp knife, quarter the dough. Working with 1 piece at a time, stretch or roll each piece of dough into a rustic 12x3½- to 4-inch oval. If the dough resists stretching, let it rest for a few minutes while you work on the other pieces. Transfer to large cornmeal-coated rimmed baking sheets.

Grill the beets, covered and turning once, until tender and spotty brown on both sides, 8 to 10 minutes. Return the beets to their bowl and set aside.

Reduce the grill heat to medium low (or let the fire die down). Arrange the pizzas on the grill perpendicular to the grate. Cover and grill, moving them around as needed to ensure even cooking, until the bottoms are spotty brown, 2 to 4 minutes. Return the crusts to the baking sheets grilled side up. Spread each with a quarter of the softened goat cheese and then top with the beet greens, grilled beets, and figs. Top with the provolone, breaking it into pieces so that most of each pizza is covered. Return the pizzas to the grill, cover and cook until the bottoms are spotty brown, the greens are wilted, and the cheese is melted, 2 to 3 minutes longer, Transfer the pizzas to a cutting board, cut into pieces, and serve.





grilled chickpea burgers with creamy lemon tahini sauce

Serve these delicious burgers with tabbouleh and a dark, smoky red wine like the Alto Almanzora Este 2008 from Almeria, Spain.

Serves 6

- 1/4 cup extra-virgin olive oil; more for brushing
- 4 medium cloves garlic, sliced
- 2 tsp. ground cumin
- 4 or 5 six-inch pitas
- 2 15.5-oz. cans chickpeas, drained and rinsed
- 5 Tbs. tahini
- cup fresh lemon juice (from 1 medium lemon)
- 1 large egg Kosher salt
- 2 Tbs. chopped fresh flat-leaf parsley
- 2 Tbs. chopped fresh cilantro
- English cucumber, thinly sliced
- medium tomato, thinly sliced Harissa (or other hot sauce; optional)

Prepare a high gas or charcoal grill fire. Heat the oil, garlic, and cumin in a small saucepan over medium-low heat until the garlic is soft but not brown, about 3 minutes. Set aside off the heat.

Tear one of the pitas in half and toast in a toaster until golden-brown and crisp. In a food processor, grind the pita into fine crumbs; transfer the crumbs to a small bowl and measure them-you'll need ½ cup. If necessary, toast and grind a second pita.

In the food processor, purée 1 can of the chickpeas with the oil mixture, 2 Tbs. of the tahini, 1 Tbs. of the lemon juice, the egg, and 34 tsp. salt until smooth. Add the remaining chickpeas and the pita crumbs, parsley, and cilantro; pulse until the chickpeas are coarsely chopped and the mixture is well blended.

Put the remaining 3 Tbs. tahini in a small bowl and gradually whisk in 2 Tbs. water and the remaining 3 Tbs. lemon juice (the tahini will thicken at first and then smooth out).

THE MEATLESS GRILL

Forget beef burgers. Chickpeas, tahini, garlic, and lemon come together here in creamy, hearty bean burgers that taste like a cross between hummus and falafel.

Shape the chickpea mixture into 6 patties, each about ¾ inch thick. Brush both sides of each with oil. Grill, covered, until heated through and nicely marked on both sides, 2 to 3 minutes per side.

Cut the remaining 3 pitas in half and heat briefly on the grill. Layer the burgers in the pitas with the sliced cucumber and tomatoes, drizzle with the tahini sauce and harissa (if using), and serve.

13 Things You Didn't Know You Could Grill

Here's how to cook (and eat) some unexpected (mostly meatless) foods on the grill.



NUTS

GRILL On a sheet of foil over

medium heat **EAT** Use as a garnish or add to granola or baked goods



FRUIT

GRILL Pineapple, watermelon, peaches, mangos, and bananas, to name just a few; brush with oil and grill over mediumbid bast.

EAT Add to fruit salads or serve for dessert



PIZZA

GRILL Dough and toppings; brush dough with oil and grill over mediumlow heat

EAT Serve for lunch or dinner, or cut into small pieces for party fare



SHELLFISH

GRILL Lobsters, oysters, clams, mussels, and shell-on shrimp; grill over medium-high heat EAT Serve with melted butter, cocktail sauce, or aïoli for dipping



QUESADILLAS

GRILL Flour or corn tortillas; brush with oil and grill over medium-low heat **EAT** Serve for lunch or dinner, or cut small for hors d'oeuvres



GRILL Halved heads of romaine, endive, and cabbage; brush with oil and grill over medium-high heat EAT Serve whole or chopped with dressing, or thinly slice for coleslaw



GRILL On skewers; grill over medium-high heat **EAT** Serve as a snack or add to antipasto platters, pastas, or martinis



GRILL Halved and pitted; brush with oil and grill over medium heat **EAT** Add to guacamole or salads



BACON

GRILL Cut into chunks and skewer; grill over medium indirect heat

EAT Use as a garnish or add to salads and soups

FLATBREAD

GRILL Naan, flatbreads, and pitas; brush with oil and grill over medium heat EAT Stuff with sandwich

fillings, or brush with butter or olive oil

CAKE

GRILL Angel food cake and pound cake; brush with melted butter and grill over medium heat

EAT Top with chocolate sauce, ice cream, or fruit

HERBS

GRILL Hearty, woody herbs like thyme and rosemary; grill over medium-high heat EAT Add to marinades or

CHEESE

GRILL Thick slices of aged provolone or halloumi; lightly oil and grill over medium-high heat EAT Add to a cheese plate or serve with crusty bread

grilled halloumi with rosemary-grape-walnut relish and garlic bread

This grilled cheese plate is an elegant way to start off a special-occasion meal, or it can be the meal itself with a green salad. A delicate, gently effervescent sparkling wine, like the Bisson Prosecco 2010 from Liguria, Italy, is a delicious pairing.

Serves 4 as an appetizer or 2 as a light dinner

- 1 medium red onion, cut into 3 to 4 thick slices
- 2 Tbs. plus 4 tsp. extra-virgin olive oil
 Kosher salt and freshly ground
 black pepper
- 12 oz. halloumi cheese, cut into %-inch-thick slabs (or aged provolone, cut into ½-inch-thick slices)
- 2 large cloves garlic, minced
- 1 small loaf ciabatta (about 8 oz.), cut into ½-inch-thick slices
- ½ cup walnuts
- 1 tsp. minced fresh rosemary
- 1 large bunch seedless black or red grapes (about 1% lb.)

2 to 3 tsp. balsamic vinegar

Prepare a high gas or charcoal grill fire.

Drizzle the onion slices with 2 tsp. of the oil and lightly season them with salt and pepper.

Pat the cheese dry and drizzle with 2 tsp. of the oil. In a small bowl, mix the remaining 2 Tbs. of oil, the garlic, and a pinch each of salt and pepper; brush the mixture evenly over one side of the bread slices.

Meanwhile, toast the walnuts in a small skillet over medium heat, stirring frequently, until golden-brown, 4 to 5 minutes. Coarsely chop the walnuts while still hot and transfer them to a medium bowl. Mix in the rosemary.

Put the onion slices and bunch of grapes on the grill grate. Cover and grill, turning once, until the grapes are bursting and the onions are grill marked, about 10 minutes. Transfer the grapes to the bowl with the walnuts, and the onions to a cutting board. Use tongs to simultaneously pull the grapes from their THE MEATLESS GRILL

Halloumi, a goat and sheep's milk cheese from Cyprus, is perfect for grilling: It softens over the heat but doesn't melt. Cheese, bread, nuts, and grapes—all hot off the grill—make a delicious summer dinner.

stems and crush them, dropping them into the bowl. Chop the grilled onions and add them to the bowl. Season to taste with the vinegar, salt, and pepper.

Clean and oil the grill grate. Put the bread and cheese on the grate and grill uncovered, turning once, until marked on both sides, 4 to 5 minutes (about 1 minute if using provolone). Divide the cheese, bread, and relish among 4 plates and serve immediately.





chili-cheddar grits with grilled corn and tomatoes

An arugula salad with peaches and red onions would be a fresh counterpoint to this rich dish. To drink, try a bright, zippy white wine like the Betts & Scholl CC Chardonnay 2009 from California.

Serves 4

- 3 medium ears fresh corn, shucked
- 1 Tbs. extra-virgin olive oil
- Ib. medium plum tomatoes, halved
 Kosher salt and freshly ground
 black pepper
- 1 cup quick-cooking (not instant) grits
- 4 tsp. chili powder
- 1/2 cup thinly sliced scallions
- 4 oz. extra-sharp Cheddar, grated (about 1 cup)

Prepare a high gas or charcoal grill fire. Lightly rub the corn with 1 tsp. of the oil. In a medium bowl, toss the tomatoes with the remaining 2 tsp. oil and a generous sprinkling of salt and pepper.

Put the corn and tomatoes, cut side up, on the grill and cover. Grill, turning the corn occasionally (don't turn the tomatoes), until the corn is browned in places and the tomato skins have darkened and the flesh has softened, 8 to 12 minutes.

Set aside 4 tomato halves for garnish and put the remaining tomatoes in a food processor; pulse until smooth. When the corn is cool enough to handle, cut the kernels from the cobs.

In a heavy-duty 4-quart saucepan, bring 3½ cups of water and 2 tsp. salt to a boil over

high heat. Whisk in the grits, chili powder, and the tomato purée. Bring to a boil and stir in two-thirds of the corn kernels and the scallions. Reduce the heat to medium low and cook, partially covered and stirring frequently, until the grits are tender and thick, about 5 minutes. Add the cheese and a few grinds of pepper; stir until the cheese melts. Divide the grits among 4 soup bowls and top each with a tomato half and some of the remaining corn. Serve immediately.

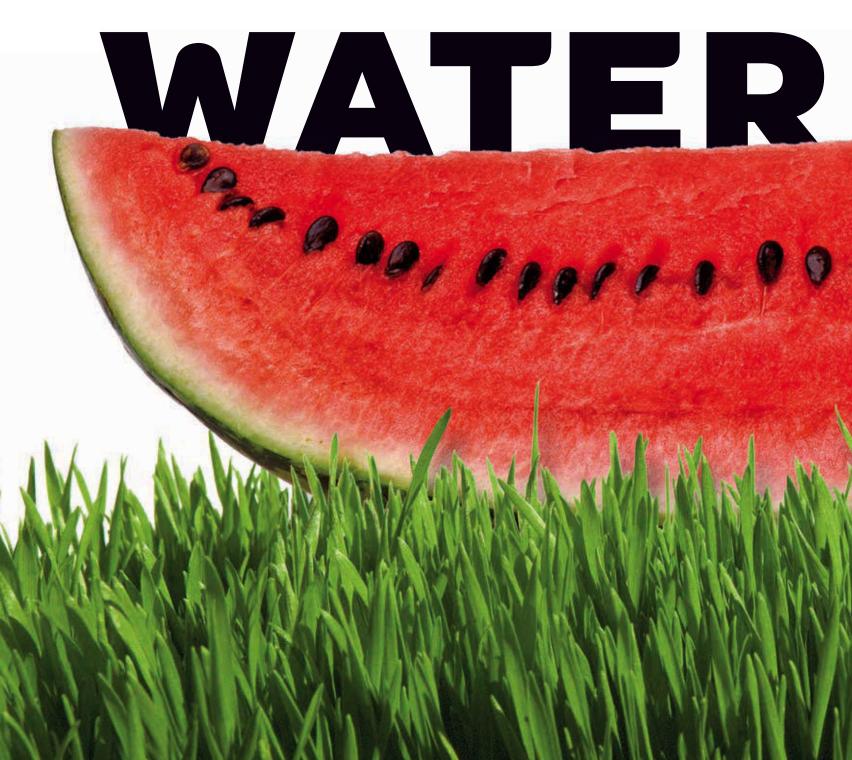
Pam Anderson's seventh book, Cook Without a Book: Meatless Meals, will be published in October. She blogs weekly with her daughters at threemanycooks.com.

Summer's iconic fruit does more than rule the picnic table. In the kitchen,

WE ALL KNOW that watermelons are heavy, but I think I appreciate their heft more than most. As a member of my high school cross country team, I had to carry one—regularly. Every Friday, under an unsparing afternoon sun, our coach made us run relays with a giant watermelon. It was a torturous workout, but at the end of it, when we were about as hot, hungry, and thirsty as

you could get, we would cut open and devour the beast. Nothing ever tasted so good.

It was then that I fully understood the power of a watermelon. I had, of course, eaten my fill before that in fruit salads and at picnics, but as I sat in the grass with my face buried in a giant slice and juice dripping down my arms, I felt the restorative powers of watermelon

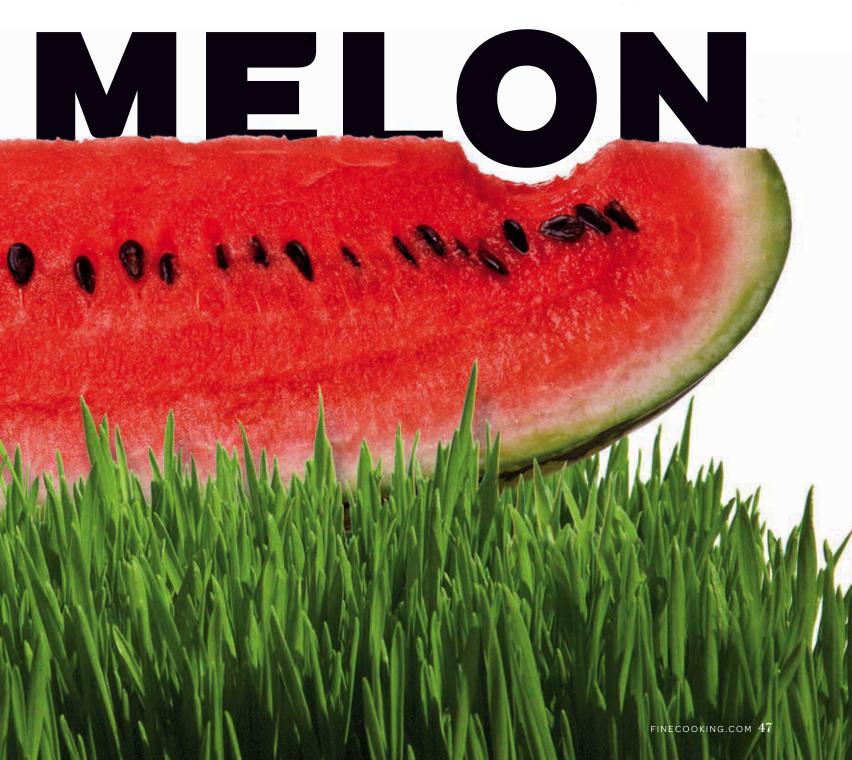


it shines in recipes both sweet and savory. BY SAMANTHA SENEVIRATNE

at work. Sure, it's packed with lycopene and vitamins A and C, but more important, after a grueling practice, it made the whole team infinitely happy.

I'm a cook now, and I still love fresh watermelon, especially when it's prepared in unexpected ways. Grilling it plays up its natural sweetness. Puréed, it can be mixed into a summer cocktail or used as a bright flavor base for a granita. It adds complexity to a savory salad and to a citrusy ceviche. And did I mention that you can do amazing things with its edible rind, including a relish that knocks grilled pork out of the park?

Take a new look at watermelon. You may work up a sweat bringing it home, but it will be well worth the effort.



A BUYER'S GUIDE to watermelon varieties

Although there are more than 1,200 watermelon varieties grown worldwide, only around 50 varieties are commonly found in the United States. They come in a range of shapes, colors, and sizes, some with seeds, though most without. Here's what you'll find:

Icebox

Great for a picnic basket, icebox melons are spherical, weigh an average of 10 pounds, and are often seedless. Try Sugar Baby, which is very sweet, with firm flesh, or Mickey Lee, which has a light-green, speckled rind and deep-red flesh.

Picnic

These heavy, oblong behemoths are the iconic Fourth of July treat. They can range anywhere from 15 to more than 50 pounds and traditionally have small to large brown-black seeds (though, these days, more and more are bred to be seedless). Look for an heirloom variety like Georgia Rattlesnake; its rind is streaked with pale-green stripes, and it has sweet, bright-pink flesh.

Mini

The "personal" watermelon, weighing up to 6 pounds, accounts for about 12 percent of watermelons sold. Usually seedless, with a thin, delicate rind, it's perfect for one or two. Try Extasy—it has a striped rind and crisp, deepred flesh-or the pink-hued Little Baby Flower.

Seeing red (and yellow and orange)

Everyone's familiar with red watermelon. but did you know that

there are delicious yellow and orange varieties available, too? They can be as small as a mini or weigh up to 30 pounds. Try the Yellow Crimson (it's similar to red Crimson Sweet but even more sugary), the rarer pale-yellow Cream of Saskatchewan, or the Tendersweet, prized for its juicy, bright-orange flesh.

watermelon and tea granita

On a hot summer night, few desserts are as welcome as a granita, a frozen mixture of water, sugar, fruit juice, and in this case, tea. For the best results, use only the reddest parts of the watermelon, not the paler flesh near the rind.

Serves 8

- 14 vanilla bean
- 1 Tbs. good-quality loose black tea, such as English Breakfast
- ⅔ cup boiling water
- 2 Tbs. granulated sugar
- 3 cups puréed watermelon (from about 4 cups diced, seeded watermelon)
- 1 Tbs. fresh lemon juice Kosher salt Sweetened whipped cream (optional)

Split the vanilla bean and scrape out the seeds. Put the vanilla seeds and tea in a small bowl (save the pod for another use). Add the boiling water and steep for 10 minutes. Add the sugar and stir gently to dissolve.

In a large bowl, combine the watermelon purée, lemon juice, and 1/4 tsp. salt. Strain the tea mixture into the watermelon mixture and stir to combine. Pour into a 9x9-inch metal baking pan, cover with plastic wrap, and freeze. After 1 hour, stir and scrape the mixture with a fork, repeating every 30 to 40 minutes, until the mixture has an icy shard-like consistency, about 3½ hours total. To serve, scrape the granita into chilled bowls, and top with a dollop of sweetened whipped cream (if using).

watermelon, grapefruit, and scallop ceviche

Ceviche is a popular Latin-American dish that uses a citrus marinade to "cook" raw seafood. This version is sweet and tart, with just a touch of spicy heat. Serve it as a refreshing first course.

Serves 4

- 2 red grapefruits
- 2 cups watermelon, cut into 1/2-inch pieces, seeded if necessary
- 1 lb. all-natural ("dry") sea scallops, side muscles removed, cut into eighths
- 3/3 cup fresh lemon juice
- 3 Tbs. minced red onion
- 1 tsp. finely chopped habanero (wear gloves)
- 2 heaping Tbs. chopped fresh flat-leaf parsley Kosher salt and freshly ground black pepper

Cut off both ends of one of the grapefruits. Stand it on one end and cut off the peel and the white pith to expose the flesh. Slice the grapefruit segments from the

membrane, letting them fall into a small bowl. Squeeze the juice from the membrane into a 1-cup liquid measuring cup; discard the membrane. Cut the grapefruit segments crosswise into 4 pieces. Drain the pieces and add the juice to the measuring cup. Juice the remaining grapefruit and add enough of it to the reserved grapefruit juice to yield 3/3 cup. Refrigerate the grapefruit segments and watermelon pieces separately.

In a medium nonreactive bowl, combine the scallops, grapefruit juice, lemon juice, red onion, and habanero. Cover and chill until the scallops are opaque, about 30 minutes.

Drain the scallop mixture in a fine sieve and transfer to a large bowl. Gently stir in the watermelon, grapefruit, and parsley. Season to taste with salt and pepper. Serve cold on small plates or in bowls.







watermelon and cress salad with grilled shrimp and hearts of palm

Watermelon's crunch and subtle sweetness provide a nice contrast to the savory, tender shrimp and hearts of palm. Ricotta salata (salted, pressed fresh ricotta) is similar to feta in texture but not as salty.

Serves 2

- 5 Tbs. extra-virgin olive oil
- 1 Tbs. Dijon mustard
- tsp. finely grated lemon zest
 Kosher salt and freshly ground black
 pepper
- 8 oz. jumbo shrimp (21 to 25 per lb.), peeled and deveined, tails left intact
- 3 canned hearts of palm, drained and patted dry (about half a 14-oz. can)
- 1 Tbs. Champagne vinegar
- 1 tsp. minced shallot
- 6 oz. watercress or upland cress, separated into small sprigs, thicker stems trimmed
- 1/2 cup packed fresh basil, thinly sliced
- 12 oz. watermelon, thinly sliced into narrow wedges, rind removed, seeded if necessary
- 3 oz. ricotta salata, crumbled (about ¾ cup)

Prepare a medium-high gas or charcoal grill fire. Meanwhile, in a medium bowl, whisk 1½ Tbs. of the olive oil, 2 tsp. of the mustard, the lemon zest, ¼ tsp. salt, and ¼ tsp. pepper. Toss the shrimp in the marinade and let sit for about 10 minutes.

Thread the shrimp onto metal skewers. Toss the hearts of palm with ½ Tbs. of the olive oil and ¼ tsp. each salt and pepper. Grill the shrimp and hearts of palm, flipping once, until they have nice grill marks and the shrimp are just cooked through, about 4 minutes total. When cool enough to handle, halve the hearts of palm lengthwise, and then cut crosswise into thirds. Remove the shrimp from the skewers.

In a small bowl, whisk the remaining 1 tsp. mustard with the vinegar, shallot, and ¼ tsp. each salt and pepper. Whisk in the remaining 3 Tbs. olive oil in a thin stream. Add more salt and pepper to taste.

In a large bowl, toss the cress and basil with just enough of the dressing to lightly coat. Season to taste with salt. Divide the greens between 2 plates. Top with the watermelon wedges and drizzle lightly with the remaining dressing. Top with the hearts of palm, shrimp, and crumbled ricotta salata.

HOW TO choose & store watermelon

WHAT TO BUY

Watermelon is at its peak from June through August. Ripe watermelon has a healthy sheen and a creamy yellow spot on the side that rested on the ground. It should be symmetrical, feel heavy for its size, and sound hollow and dull when thumped. Avoid watermelons that are bruised, blemished, or soft in spots.

HOW TO STORE

A whole watermelon should be stored in a cool place (it will better retain its flavor and texture if unrefrigerated) and will keep for about two weeks. Wash the outside before cutting into it to remove any bacteria. Refrigerate cut watermelon in a plastic container or zip-top bag for up to four days.

watermelon blush

Made with St-Germain, an elderflower liqueur, this summery drink is sweet, with a light effervescence.

Serves 1

- ½ cup watermelon chunks, seeded if necessary
- ½ fl. oz. (1 Tbs.) St-Germain
- 2 dashes Peychaud's bitters Prosecco

Purée the watermelon in a food processor until smooth; strain. You should have 2 fl. oz (½ cup) juice.

Pour the watermelon juice, St-Germain, and bitters into a Champagne flute. Top off with Prosecco.



Get bonus recipes for a watermelon cocktail and watermelon soup at FineCooking.com/extras.

grilled watermelon salsa with spicy lime tortilla chips

Grilling enhances watermelon's natural sweetness and gives it a smoky flavor that pairs nicely with the spicy kick of chipotle in this bright salsa.

Yields 2½ cups salsa and 7½ dozen chips; serves 6 to 8

FOR THE SALSA

- 4 tsp. extra-virgin olive oil
- 1/4 tsp. ground chipotle chile
- 1½ lb. watermelon, sliced ¾ inch thick Kosher salt
 - 1 medium tomato, coarsely chopped
- 1/3 cup chopped English cucumber
- 2 Tbs. chopped fresh cilantro
- 1 Tbs. chopped shallot
- 1/2 medium serrano, seeded and chopped
- 1 Tbs. fresh lime juice

FOR THE CHIPS

- 1 quart canola oil
- 15 5-inch corn tortillas
- 1 tsp. finely grated lime zest Kosher salt
- 1/4 tsp. ground cayenne

MAKE THE SALSA

Prepare a high gas or charcoal grill fire. In a small bowl, combine 1 tsp. of the olive oil with the ground chipotle. Brush the watermelon slices on both sides with the chipotle oil and sprinkle with 1/4 tsp. salt. Grill the watermelon until charred spots appear on both sides, about 1 minute per side. Transfer to a cutting board. When cool enough to handle, remove the rind, seed if necessary, and coarsely chop the flesh. In a food processor, combine the watermelon flesh, tomato, cucumber, cilantro, shallot, serrano, and the remaining 3 tsp. olive oil. Pulse until the ingredients are mixed but still chunky. Transfer the salsa to a medium bowl and stir in the lime juice. Refrigerate to let the flavors meld, about 1 hour. Just before serving, season to taste with salt.

MAKE THE CHIPS

Heat the canola oil in a 10-inch straightsided skillet over medium-high heat. (You should have about ½ inch of oil.) Stack the tortillas and cut the stack into 6 wedges. In a small bowl, combine the lime zest with 1½ tsp. salt. With your fingers, rub the salt and zest together until the salt is seasoned and the zest is broken into very small pieces. Stir in the cayenne.

To test the oil, add a small piece of tortilla. If it sizzles immediately, the oil is ready; if it sinks, wait another minute and test it again. When the oil is ready, add a handful of tortilla triangles (about 15) and cook until lightly browned and crisp, turning halfway through with a slotted spoon, 1 to 2 minutes. (If the tortillas seem to brown too quickly, reduce the heat.) Transfer the chips to a plate lined with paper towels and drain for 2 minutes. Put the warm chips in a clean paper bag, add 1/2 tsp. of the seasoned salt, close the bag, and shake gently. Season with more salt to taste. Repeat with the remaining tortillas. Serve the salsa with the chips.

The salsa and chips may be made up to 1 day ahead. Refrigerate the salsa, and store the chips in an airtight container.



coffee-rubbed pork tenderloin with watermelon rind relish

Think twice before you toss out your watermelon rinds; their neutral flavor readily absorbs the sweet-spicy seasonings in this relish. Ground coffee beans infuse the pork with rich, earthy notes.

Serves 4

FOR THE RELISH

- 4 lb. watermelon
- 2 Valencia oranges
- 3/3 cup packed light brown sugar
- 1/2 cup apple cider vinegar
- 1 medium shallot, thinly sliced
- 1/2 medium jalapeño, finely chopped (with ribs and seeds)
 Kosher salt

FOR THE PORK

- Tbs. very finely ground coffee beans (preferably French roast)
- 2 tsp. packed light brown sugar
- 1 tsp. chili powder Kosher salt
- 2 Tbs. extra-virgin olive oil
- 2 1-lb. pork tenderloins, trimmed

MAKE THE RELISH

Cut the flesh away from the watermelon rind. Cut enough of the flesh into ¼-inch dice to yield ½ cup (reserve the rest for another use). Using a vegetable peeler, remove the dark-green skin from the rind and discard. Cut the rind into ¼-inch dice; you should have about 3 cups.

Slice the ends off one of the oranges. Stand the orange on one cut end and cut off the peel and white pith to expose the flesh. Cut the orange segments from the membrane, cut each segment into 3 pieces, and put them in a small bowl. Squeeze the juice from the membrane into the bowl. Repeat with the remaining orange.

In a 3-quart saucepan, combine % cup water with the watermelon flesh and rind, orange segments and juice, brown sugar, vinegar, shallot, jalapeño, and ¼ tsp. salt. Bring to a boil over medium-high heat, stirring occasionally, until the sugar dissolves, about 4 minutes. Reduce the heat to low and simmer, stirring occasionally, until the

rind is translucent and the mixture thickens, about 40 minutes. Season to taste with salt, and let cool to room temperature.

MAKE THE PORK

In a small bowl, combine the coffee, brown sugar, chili powder, and 2 tsp. salt. Add the olive oil and mix well. Rub the mixture evenly over the pork and set aside.

Prepare a medium-high gas or charcoal grill for indirect cooking.

Put the tenderloins on the hot side of the grill, cover, and cook, flipping once, until grill marks form on 2 sides, about 4 minutes per side. Move the tenderloins to the cooler side of the grill and continue to cook, covered, until the internal temperature of the pork reaches 140°F to 145°F, 7 to 9 minutes. Transfer to a cutting board, tent with foil, and let rest for about 10 minutes.

Slice the pork and serve with the water-melon rind relish.

Samantha Seneviratne is Fine Cooking's associate food editor. □



CEDAR-PLANKED

Here's a quick and easy way to grill two sides of salmon—one for dinner and the other to use in three recipes too good to be called leftovers. By DAWN YANAGIHARA

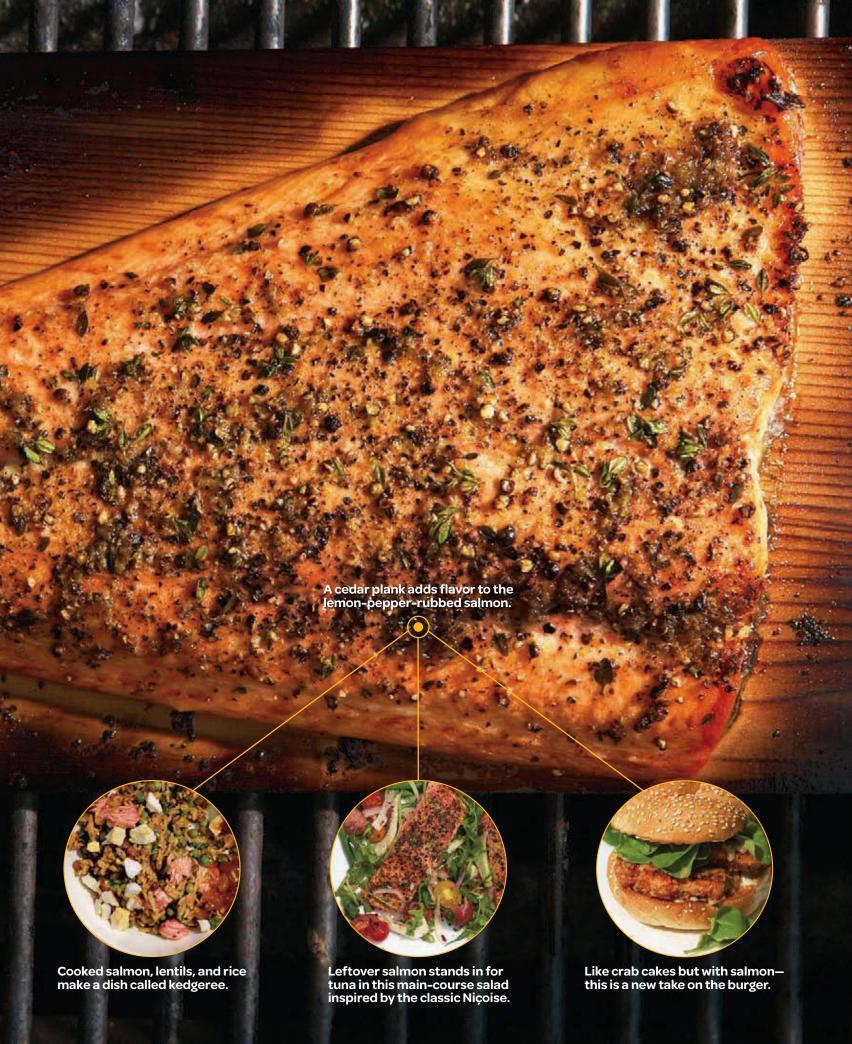
MOST SUMMER NIGHTS, dinner at my house comes off the grill. And one of my favorite things to grill is two whole fillets of salmon on cedar planks. Here's why: The planks char lightly, creating cedar smoke that delicately perfumes the fish, and the salmon doesn't stick to the grill grates because it's on the planks. Plus, my go-to spice rub for salmon a simple mixture of salt, cracked black pepper, lemon zest, fresh thyme, and a bit of sugar—pairs really well with the cedar-smoke flavor.

The first plank-grilled salmon fillet—served with an almost-instant creamy horseradish-chive sauce—is my idea of an easy Sunday night dinner. And the second fillet will be just as tasty on Monday or Tuesday. The trick is to use it in dishes that gently reheat the fish so it doesn't overcook.

In a hearty salmon and curry kedgeree (an aromatic British rice dish), meaty chunks of the fish retain their texture thanks to a quick toss in a hot pan. Tender panko-crusted salmon cakes are panfried until just warmed through, topped with a savory miso-ginger dressing, and turned into delicious sandwiches. You can also serve the leftover salmon cold, atop a colorful Mediterranean-inspired salad of the season's best produce. Whatever you choose, dinner for the next few nights is done.



The secret here is to use the cooked salmon in recipes that only gently heat the fish so that it doesn't overcook.



MASTER RECIPE

SECRETS TO CEDAR-PLANKED SALMON

Grilling salmon fillets on cedar planks is simple and yields deliciously smoky, juicy fish. Here's how to do it.



For a big flavor boost, rub the salmon fillets with a mix of spices. Here, we use lemon zest, fresh thyme, sugar, salt, and pepper.



GRILL IT

Grill the fillets over indirect heat until the internal temperature reaches 135°F on an instant-read thermometer.



SERVE IT (OR STORE IT)

Let one fillet rest for a few minutes and then serve it straight from the plank. When the second fillet is cool, remove it from the plank, wrap it well, and store it in the refrigerator for up to three days.



Grilling with Wood Planks

WHAT Grilling food, especially seafood, on untreated cedar planks is an easy way to infuse the food with a wonderful, light wood-smoke flavor.

WHERE Cedar planks for grilling are sold at many cookware stores, at grocery and hardware stores, and online (see Where to Buy It on page 94 for a source). Some planks are sized for individual portions, and some for whole fillets; for the master recipe here, look for 15x7-inch untreated cedar planks.

HOW Cedar planks must be soaked in water for at least an hour (and up to overnight) before use. Soaking the planks prevents them from burning on the grill, and the moisture produces more smoke to flavor your food. The moisture also creates a slightly humid environment in the grill that keeps the food succulent. Grill over indirect heat to prolong the life of the planks and avoid excessive charring; be sure to cover the grill so the fragrant smoke circulates around the food.

RE-USE After grilling, if the planks are not too charred or warped, wash off any residue with hot water and a scrub sponge (don't use soap, as the wood can absorb it), rinse well, and wrap in a plastic bag while still wet. Store them in the freezer. You can use the planks to grill salmon (or other seafood) one or two more times; thaw overnight in the refrigerator before using.



cedar-planked lemon-pepper salmon with horseradish-chive sauce

 $To \ round \ out \ your \ Sunday \ supper, serve \ this \ dish \ with \ saut\'eed \ snow \ peas \ or \ sugar \ snap \ peas \ and \ wild \ rice.$

Serves 4, with enough left to make 2 of the recipes that follow

2 15x7-inch untreated cedar planks (see p. 94 for a mail-order source)

FOR THE SALMON

- 1 Tbs. grated lemon zest, minced
- 11/2 tsp. chopped fresh thyme
- ½ tsp. granulated sugar
 Kosher salt and freshly ground black pepper
- 2 2-lb. boneless, skin-on salmon fillets (preferably wild and no longer than 15 inches), pin bones removed (see Test Kitchen, p. 89)
- 2 Tbs. extra-virgin olive oil

Soak the cedar planks in water to cover for at least 1 hour. Drain the planks.

PREPARE THE SALMON

In a small bowl, combine the lemon zest, thyme, sugar, 1½ tsp. salt, and 1 Tbs. pepper. Rub the mixture together with your fingers until the zest is distributed throughout. Rub the salmon fillets on both sides with the olive oil and then set each fillet skin side down

on a plank. Sprinkle the fillets with the lemon-pepper mixture, dividing it evenly. Gently rub the seasoning into the fillets. Let stand at room temperature while the grill heats.

COOK THE SALMON

Prepare a gas or charcoal grill fire for indirect cooking with high heat: On a gas grill, heat all burners on high; then turn off all but one burner just before cooking the salmon; on a charcoal grill, bank the coals to two opposite sides of the grill. Arrange the planks over the cooler part of the grill, positioning them so that the thickest part of the fish is closest to the heat source. Cover the grill and cook until the thickest part of each fillet registers about 135°F on an instant-read thermometer, 20 to 35 minutes depending on the thickness of the fillets. The planks may smoke a bit (this is fine) and will become very aromatic. Let the fillets rest on the planks for 5 to 10 minutes before serving.

Cut the salmon fillets crosswise into serving portions and transfer to individual plates. Serve with the sauce. **Cool any leftover salmon** completely, wrap well, and refrigerate for up to 3 days.

HORSERADISH-CHIVE SAUCE

- ½ cup crème fraîche
- 3 Tbs. minced fresh chives
- 1½ Tbs. prepared horseradish Kosher salt and freshly ground black pepper

In a small bowl, stir the crème fraîche, chives, and horseradish. Season to taste with salt and pepper. Refrigerate. (The sauce may be made up to 1 day ahead.)

salmon niçoise salad with kalamata vinaigrette

This delicious riff on a Niçoise salad-minus the hard-cooked eggs and with salmon instead of tuna-comes together in about 30 minutes.

Serves 4

FOR THE VINAIGRETTE

- 6 Tbs. extra-virgin olive oil
- ⅓ cup Kalamata olives, pitted and minced (about ¼ cup)
- 3 Tbs. white balsamic vinegar
- 1 medium clove garlic, finely grated
- ½ tsp. finely grated lemon zest
- 1/8 tsp. crushed red pepper flakes (optional) Kosher salt and freshly ground black pepper

FOR THE SALAD

- 34 lb. baby red potatoes (each about 1½ inches in diameter), cut into quarters Kosher salt and freshly ground black pepper
- ½ lb. green beans, trimmed and cut into 1½-inch lengths
- ½ lb. cherry or grape tomatoes (preferably mixed colors), halved
- ½ small red onion, thinly sliced
- ½ medium fennel bulb, cored and thinly
- 2 cups baby arugula Freshly ground black pepper
- 34 lb. cedar-planked salmon (recipe on p. 57), skin removed, cut into 4 pieces, at room temperature

MAKE THE VINAIGRETTE

In a small bowl, combine the oil, olives, vinegar, garlic, lemon zest, and red pepper flakes (if using). Whisk to combine and season to taste with salt and pepper. Set aside.

MAKE THE SALAD

Put the potatoes in a 4-quart saucepan, cover with 2 quarts water, add 1 Tbs. salt, and bring to a boil over high heat. Reduce the heat to medium and simmer gently until the potatoes are just tender when poked with a skewer, about 5 minutes. Using a slotted spoon, transfer the potatoes to a large bowl (save the cooking liquid).

Whisk the vinaigrette to recombine, drizzle 2 Tbs. of it over the potatoes, sprinkle with salt and pepper, and toss well. Set aside and let cool to room temperature.

Bring the water in the saucepan back to a boil over high heat. Meanwhile, fill a large bowl with ice water. Drop the green beans into

the boiling water and cook until bright green and no longer raw but still very crisp, 1 to 2 minutes. Drain the beans in a colander and plunge them into the ice water to stop the cooking. Drain again and spread the beans on a clean dishtowel to dry.

When the potatoes have cooled, add the green beans, tomatoes, onion, fennel, and all but 3 Tbs. of the vinaigrette and toss well. Season to taste with salt and pepper. Add the arugula and toss gently. Transfer to a platter and top with the salmon. Drizzle with the remaining vinaigrette and serve.



How to Buy and Store Salmon Fillets

Here's what you need to know when shopping for fresh salmon fillets:

- Wild Pacific salmon, preferably from Alaska, is a delicious, sustain-able choice. There are several kinds of Pacific salmon on the market, bu for the best flavor and texture look for the best flavor and texture loo for king salmon (pictured above, al known as Chinook), sockeye (red) salmon, or coho (silver) salmon.
- As with any fish, freshness is key. Try to buy fish on the day you plan to cook it, and seek out the freshest fish your market has to offer. Look for firm, moist flesh that isn't mushy or slimy. The aroma should be clean and briny, like the sea.
- At home, store the fish in a plastic bag in the coldest part of the refrigerator. If you need to store it over-night, set the fish in its plastic bag on a bed of ice in the refrigerator.







salmon cake sandwiches with watercress and miso dressing

These cakes fry up with a delicate crispness, thanks to their light coating of panko. When shopping, look for hydroponic watercress sold in bunches with the roots still attached. The leaves are broader and the stems more tender than those of regular watercress; there is also less grit clinging to the cress, which makes cleaning easier.

Serves 4

FOR THE DRESSING

- 1 2-inch piece fresh ginger
- 3 Tbs. white miso
- 2 Tbs. unseasoned rice vinegar
- 11/2 Tbs. Asian sesame oil
- 11/2 Tbs. canola oil
 - 1 Tbs. granulated sugar

FOR THE SALMON CAKES

- 3/4 Ib. cedar-planked salmon (recipe on p. 57), skin removed, chopped into rough 1/4-inch pieces
- 3 medium scallions (white and green parts), thinly sliced
- 11/3 cups panko; more as needed
- 3 Tbs. mayonnaise; more as needed
- 1 large egg, beaten
- Tbs. soy sauce
 Kosher salt and freshly ground black pepper
- ⅓ cup canola oil

TO ASSEMBLE

- 2 cups trimmed watercress
- 4 sesame egg twist rolls, split and toasted
- 2 Tbs. mayonnaise

MAKE THE MISO DRESSING

Peel and finely grate the ginger. Squeeze the grated ginger with your fingertips over a small bowl to yield 2 tsp. ginger juice (discard the pulp). Add the miso, vinegar, sesame and canola oils, and sugar; whisk until the sugar dissolves. Set the dressing aside.

MAKE THE SALMON CAKES

Toss the salmon and scallions in a large bowl. Add % cup of the panko, the mayonnaise, egg, soy sauce, % tsp. salt, and % tsp. pepper and stir until the mixture is evenly moistened, breaking up any large salmon chunks. Divide the mixture into 8 equal portions and shape into cakes about 2% inches in diameter, pressing firmly to pack them together. If the cakes fall apart, the salmon pieces may be too large (break them up more), or add more panko or mayonnaise (depending on whether the mixture feels too wet or too dry).

Heat the oil in a heavy-duty 12-inch nonstick skillet over medium-high heat until shimmering hot. Meanwhile, put the remaining % cup panko in a pie plate. Lightly coat the salmon cakes on both sides with panko, pressing gently so that the crumbs adhere; don't worry

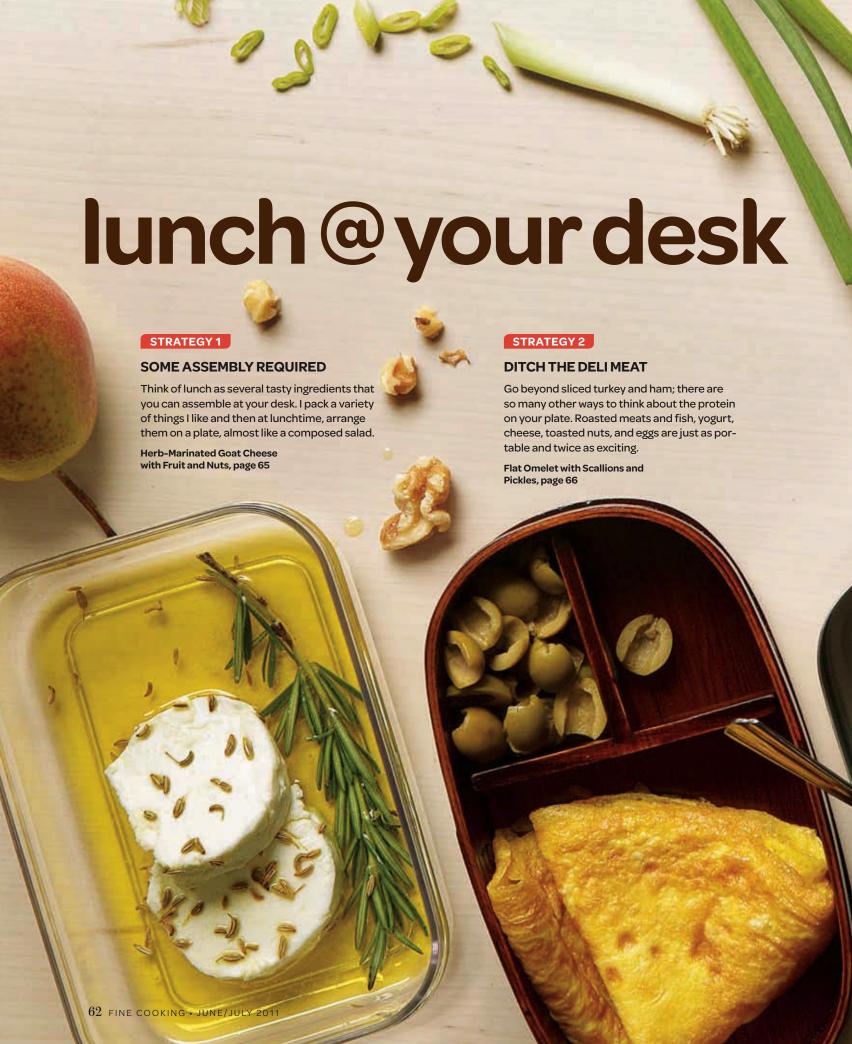
about covering the cakes completely. Arrange the salmon cakes in the skillet in a single layer and cook until deep goldenbrown on both sides, 8 to 10 minutes total. Transfer the cakes to a plate lined with paper towels to drain.

ASSEMBLE THE SANDWICHES

In a medium bowl, toss the watercress with just enough dressing to lightly coat (about 1 Tbs.). Lightly spread the rolls with the mayonnaise. Put 2 cakes on the bottom of each roll and spread a little of the dressing on them. Top with the watercress and roll tops and serve.

Dawn Yanagihara is a cookbook editor and recipe developer who lives in San Francisco.











FOR THE MARINATED GOAT CHEESE

Ctrt

- 1 4-oz. log plain goat cheese
- 2 sprigs fresh rosemary or marjoram
- 1 small clove garlic, peeled and halved
- 1 to 11/2 cups extra-virgin olive oil
- 1/2 Tbs. toasted fennel or coriander seeds

FOR SERVING

- ½ to ¾ cup toasted walnuts, almonds, or pecans
 - Fresh crusty bread
- 2 medium apples or pears, or ½ to ¾ cup dried apples or pears
- 1 to 1½ cups fresh figs, or ½ to ¾ cup dried figs

PREPIT

Wet a chef's knife with warm water and cut the cheese into ½-inch-thick rounds. If the rounds fall apart, reshape them with your hands. Put the herb sprigs and garlic in a 1-pint glass jar.

Pour a little of the olive oil in a small bowl, and dip each cheese round in the oil to coat it completely—this will keep them from sticking together in the jar. Add the rounds to the jar, alternating the cheese with the fennel or coriander seeds. Cover completely with oil and refrigerate for at least 4 days and up to 1 month before eating.

PACK IT

For each serving, put half of the marinated cheese in a container and drizzle a little of the herb oil over it; refrigerate. Pack half of the nuts in a small container. Wrap the bread in aluminum foil. Bring the fresh fruit along separately, and pack the dried fruit in small containers.

more ideas

If you don't have goat cheese, you can marinate feta. Instead of walnuts, apples, and figs, you could pack sunflower or pumpkin seeds, raisins, or fresh or dried apricots. You can also add butter lettuce leaves, a can of oil-packed tuna or sardines, olives, or slices of prosciutto or salami.

STRATEGY 2 DITCH THE DELIMEAT

Eggs are a delicious source of protein in this elegant lunch.

They can be cooked a day ahead and taste great at room temperature, too.

flat omelet with scallions and pickles

Serves 1

FOR THE SCALLION-PICKLE GARNISH

- 2 Tbs. thinly sliced scallions (white and light-green parts only)
- 1 Tbs. roughly chopped fresh cilantro or flat-leaf parsley
- 1 tsp. drained and finely chopped cornichons
- 4 to 5 drops white wine vinegar

FOR THE RICE

¼ cup Japanese short grain rice Kosher salt

more ideas

You can top the omelet with chopped capers, tart green olives, or any fresh herb. Or make an egg sandwich by piling the sliced omelet on a lightly toasted baguette with a drizzle of olive oil and lemon juice and lots of chopped fresh parsley.

FOR THE OMELET

- 2 large eggs Kosher salt
- 2 tsp. olive oil

PREP IT

MAKE THE SCALLION-PICKLE GARNISH

In a small container, stir the scallions, cilantro or parsley, cornichons, and vinegar. (You can make this up to 3 days ahead.)

MAKE THE RICE

In a 1-quart saucepan, combine the rice, ½ cup water, and a pinch of salt. Bring to a boil over medium-high heat. Cover the pot, lower the heat to a simmer, and cook until the rice is tender and the water is absorbed, 10 to 12 minutes.

MAKE THE OMELET

In a small bowl, whisk the eggs with ¼ tsp. salt. Heat the olive oil in an 8-inch nonstick skillet over medium heat. When the oil begins to shimmer, pour the eggs into the skillet and shake it back and forth vigorously so the eggs set quickly. Once they start to set, push the partially set eggs to the side of the pan with a spatula and use the spatula to replace what you've moved with raw egg. Keep smoothing raw egg into bare spots on the pan until the omelet is just set, 1 to 2 minutes.

Slide the omelet onto a paper towel. Store it on the towel on a plate, covered in plastic, in the refrigerator.

PACK IT

Bring the omelet to work folded into quarters, wrapped in plastic. Pack the rice and pickle separately. Refrigerate everything.

PUT IT TOGETHER

Let the omelet and pickle sit at room temperature for an hour before lunch. Reheat the rice; slice the omelet into a few wide ribbons. Arrange the omelet on the rice and scatter the scallion-pickle garnish over the top.



Serves 2

FOR THE VINAIGRETTE

- 2 Tbs. finely diced shallot
- 11/2 Tbs. white wine vinegar
- 1/2 Tbs. Dijon mustard
- 1/4 tsp. finely chopped garlic Kosher salt
- 3 Tbs. extra-virgin olive oil
- 1/4 cup roughly chopped fresh flat-leaf parsley

FOR THE SALAD

Kosher salt

- 1/4 cup brown or French green lentils
- 1 dried bay leaf
- 1 medium clove garlic
- 1 small carrot, peeled and halved

- 1 small yellow onion, unpeeled and halved
- 4 cup thinly sliced scallion (white parts only)
- 1/2 cup homemade or jarred roasted or grilled red peppers, peeled and cut into thick slices
- 2 to 4 tsp. fresh lemon juice
- 2 5-oz. cans tuna (preferably line-caught and packed in olive oil), drained

FOR SERVING

2 medium ripe tomatoes Kosher salt Extra-virgin olive oil

PREPIT

MAKE THE VINAIGRETTE

Mix the shallot, vinegar, mustard, garlic, and a scant ¼ tsp. salt in a small bowl. Let the mixture sit for 10 minutes to soften the shallot and garlic. Whisk in the olive oil and then stir in parsley.

MAKE THE SALAD

In a 1-quart pan of well-salted water, bring the lentils, bay leaf, garlic, carrot, and onion to a boil over medium-high heat. Lower the heat and simmer until the lentils are tender, about 30 minutes. Let the lentils cool completely in their liquid. Drain, discard the onion, carrot, bay leaf and garlic, and transfer to a medium bowl. Stir the scallions into the lentils and toss with 2 to 3 tsp. of the vinaigrette.

In a small bowl, mix the roasted peppers with 2 Tbs. of the vinaigrette; add salt and lemon juice to taste. In another small bowl, toss the tuna gently with the remaining vinaigrette.

PACK IT

For each serving, pack half of the lentils, peppers, and tuna in a segmented lunch box or separate containers; refrigerate. Bring along a tomato, a small container of kosher salt, and a little jar of olive oil.



more ideas

Roasted summer squash or bell peppers are good substitutes for the eggplant or tomatoes. In autumn, try roasted butternut squash. In the winter, sautéed kale or collard greens with garlic work well. A small salad of fresh herbs like parsley, chervil, and mint can replace the tangy cucumbers.



STRATEGY 4 THE UNPLUGGED LUNCH

Every element of this dish—except for the yogurt—can be left out at room temperature until you're ready to eat. Your lunch will be all the more flavorful for it.

roasted eggplant and tomatoes with tangy cucumbers and yogurt

Serves 2

FOR THE EGGPLANT AND TOMATOES

- 3 medium Japanese or Chinese eggplants, sliced into ¾-inch-thick rounds Kosher salt
- 5 Tbs. extra-virgin olive oil
- 1 pint cherry tomatoes
- 1 Tbs. coarsely chopped fresh rosemary

FOR THE CUCUMBERS

- 1 medium shallot, thinly sliced
- 1 Tbs. red wine vinegar Kosher salt
- ½ English cucumber or 2 small Kirby cucumbers, peeled in stripes, halved, seeded if necessary, and sliced ½ inch thick Fresh lemon juice, as needed

FOR SERVING

- 1 cup plain whole-milk or low-fat Greek yogurt or labneh (see Test Kitchen, p. 89)
- ½ cup pine nuts, toasted Extra-virgin olive oil Pita or crusty bread

PREPIT

ROAST THE EGGPLANT AND TOMATOES

Season the eggplant slices generously with salt and put them in a colander in the sink to drain for 30 minutes.

Meanwhile, position oven racks in the upper and lower thirds of the oven and heat the oven to 450°F.

Tap the colander against the side of the sink to remove excess moisture and salt. Transfer the eggplant to a large mixing bowl, toss with 4 Tbs. of the olive oil, and let sit for five min-

utes to absorb the oil. Lay the eggplant slices in an even layer on a rimmed baking sheet. **In a pie plate,** combine the cherry tomatoes with the remaining 1 Tbs. olive oil, the rosemary, and ¾ tsp. salt.

Put the eggplant on the upper oven rack and the tomatoes on the lower rack. Roast the eggplant until light golden and beginning to soften, about 10 minutes. Flip and roast until completely soft and light golden, about 15 minutes more. Roast the tomatoes until many have collapsed, 40 to 45 minutes. Transfer the eggplant and tomatoes to separate containers and let cool.

MAKE THE CUCUMBERS

Combine the shallot, vinegar, and ½ tsp. salt in a small bowl. Let sit for 10 minutes to soften the shallot. Add the cucumber(s) and mix well. Season to taste with lemon juice and more salt.

PACK IT

For each serving, pack half of each vegetable separately in a segmented lunch box or in its own container (or mix them together). Put half of the yogurt and pine nuts in separate containers (refrigerate the yogurt), and bring along a little jar of olive oil and some pita or crusty bread.

Tamar Adler's first book, An Everlasting Meal: Eating with Economy and Grace, will be published this fall. □



Get Packing

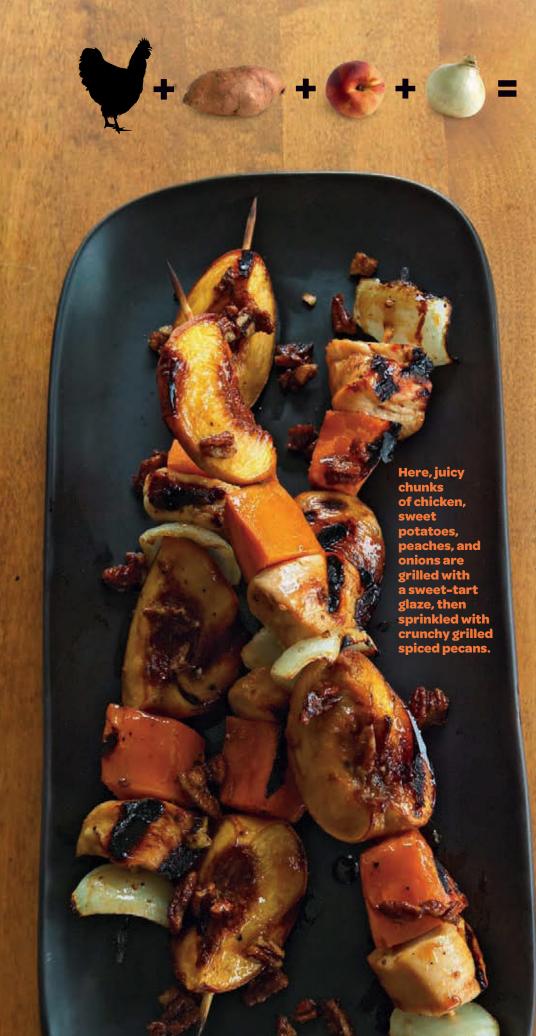
What you pack your lunch in, and what you eat it on, makes a big difference. Here are some ideas that will help make your midday meal feel special:

CHOOSE GREEN Reusable plastic containers, small glass Mason jars, and segmented lunch boxes (like stacking metal tiffin carriers or bento boxes) are less wasteful than plastic bags and make your food look as exciting as it tastes. Turn to Where to Buy It on page 94 for sources.

STOCK UP Keep a cutting board and serrated knife at work, along with a small bottle of extra-virgin olive oil, a jar of fleur de sel or kosher salt, and a pepper grinder. This way, you can cut up fresh fruits or vegetables just before you eat them and easily dress your lunch to your taste.

GET REAL Buy a ceramic plate or wide, shallow bowl, a set of silverware, and a water glass and mug to keep at work. Eating lunch on a real plate with real utensils and drinking from a real glass is sure to change how you feel about bringing your lunch from home.





honey-glazed chicken, sweet potato, and peach skewers

Serves 4

- 1 medium sweet potato (about ¾ lb.), peeled and cut into sixteen 1½-inch pieces
- 1 cup sherry vinegar
- 1/2 cup plus 1 Tbs. honey
- 2 Tbs. canola oil; more for the grill
 Kosher salt and freshly ground black pepper
- 1 lb. boneless, skinless chicken breast halves, cut into 16 pieces
- 4 small ripe but firm peaches, quartered and pitted (about 1½ lb.)
- 1/2 small sweet onion, cut into 1½-inch chunks, layers separated (about 4 oz.)
- 1/2 cup pecans, coarsely chopped
- ½ tsp. ground cumin
- 1/2 tsp. pumpkin pie spice

Prepare a medium gas or charcoal grill fire. Soak eight 12-inch wooden skewers in water. In a 4-quart saucepan fitted with a steamer basket, bring 1 inch of water to a boil over high heat. Steam the sweet potatoes until nearly cooked but still a bit firm, 10 to 12 minutes. Remove from the heat; cool slightly. Put the vinegar, ½ cup of the honey, 1 Tbs. of the oil, 2 tsp. salt, and 34 tsp. pepper in a 3-quart saucepan. Simmer over medium heat, stirring occasionally, until reduced to % cup, 13 to 15 minutes. (The glaze should brush on easily but be thick enough to coat the chicken. If too thick, add a few drops of hot water.) Meanwhile, thread the onion, chicken, sweet potato, and peach onto the soaked skewers. Reserve half the glaze. Brush the skewers with the remaining half of the glaze. Thoroughly oil the grill grate. Arrange the skewers on one side of the grill grate and grill, covered, until well marked on one side, 4 to 5 minutes.

Meanwhile, toss the pecans in a small bowl with the remaining 1 Tbs. honey and 1 Tbs. oil, the cumin, pumpkin pie spice, ½ tsp. salt, and a pinch of pepper. Put a large piece of foil on the other side of the grill and scatter the nuts on the foil. Flip the skewers. Grill until the chicken is cooked through and the nuts are bubbling, 3 to 5 minutes more. (Keep a close eye on the nuts; stir if they threaten to burn.) Transfer the skewers to a serving platter, brush with the reserved glaze, and sprinkle with the pecans.

TO DRINK

A medium-bodied beer with punchy hops and a clean finish, like Lagunitas PILS Czech-Style Pilsner from Petaluma, California (\$2 /12-oz. bottle).





grilled chicken and summer squash salad

Serves 4

- 1 large clove garlic, mashed to a paste with ½ tsp. kosher salt (see Test Kitchen, p. 89)
- 34 cup canola oil
- ½ cup fresh lime juice and 2 tsp. finely grated zest (from 1 lime)
- 1/4 cup chopped fresh cilantro leaves and tender stems
- 1½ Tbs. finely grated peeled fresh ginger
- 1 Tbs. finely chopped jalapeño (seeded if you like; about ½ jalapeño)
- 1 tsp. granulated sugar Kosher salt
- 1½ to 1¾ lb. mixed summer squash, such as zucchini, yellow zucchini, and yellow squash, sliced ¾ inch thick on an extreme angle (about 3 medium)
- 1½ lb. boneless, skinless chicken breast halves, pounded to an even thickness
- 5 oz. baby arugula Freshly ground black pepper

Prepare a medium-high gas or charcoal grill fire.

Put the garlic paste, oil, lime juice and zest, cilantro, ginger, jalapeño, sugar, and 1 tsp. salt in a small jar with a lid. Shake to emulsify.

Put the squash and chicken on a rimmed baking sheet, drizzle with ½ cup of the vinaigrette, and toss to coat. Grill on both sides

until the squash is barely tender and the chicken is just cooked through,

4 to 6 minutes total. Transfer to a cutting board and let cool briefly.

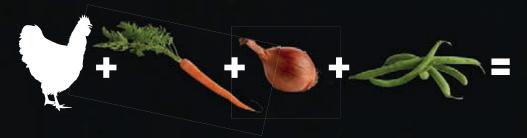
Meanwhile, toss the arugula in a large bowl with ¼ cup of the vinaigrette and season with a pinch of salt and pepper. Divide

among 4 plates.

Cut the squash and chicken into bite-size pieces. Put them in the bowl and toss with the remaining vinaigrette and salt and pepper to taste. Use a slotted spoon to divide the mixture among the plates.

TO DRINK

A delicate, velvety Pinot Noir with a long, complex finish, like the Catalina Sounds Pinot Noir 2008 from Marlborough, New Zealand (\$20).



Chinese lapsang souchong tea adds smoky flavor to these pan-fried chicken breasts. Tangy pickled carrots, green beans, and shallots round out the plate.

tea-crusted fried chicken with pickled green beans and carrots

Serves 4

- 3 cups plus 1 Tbs. canola oil
- 2 large shallots, thinly sliced (about 1 cup)
- 1 Tbs. very coarsely ground coriander seeds
- 14 cup granulated sugar
 Kosher salt and freshly ground black pepper
- 3/4 lb. green beans, trimmed
- ½ lb. carrots, peeled and cut into ½-inch-thick rounds (about 3 medium)
- 6 Tbs. unseasoned rice vinegar
- 2 tsp. lapsang souchong tea leaves, crumbled
- 4 small boneless, skinless chicken breast halves (1½ lb.)
- 34 cup all-purpose flour
- 34 cup buttermilk

Heat 1 Tbs. of the oil in a 3-quart saucepan over medium heat. Add the shallots and 2 tsp. of the coriander seeds and cook until the shallot is softened and the coriander is lightly browned, about 2 minutes. Add 4 cups water, the sugar, 3 Tbs. salt, and ½ tsp. pepper and bring to a boil. Add the green beans and carrots and cook until just beginning to soften, about 4 minutes. Remove from

set aside.

Meanwhile, mix the remaining 1 tsp. coriander seeds, the tea, 1 tsp. salt, and ½ tsp. pepper. Sprinkle the chicken breasts all over with the tea mixture and pat to adhere. Put the flour in a shallow dish and the buttermilk in another. Dredge the breasts in the flour, the buttermilk, and then the flour again.

the heat, add the vinegar, and

Attach a candy thermometer
to a 12-inch skillet. Heat the
remaining 3 cups oil in the skillet
over medium-high heat to 335°F.
Fry the chicken on both sides, flipping
once, until deep golden-brown and just
cooked through, 8 to 12 minutes total.
Transfer to a wire rack to drain briefly. Sprinkle
with a pinch of salt. Strain the pickled carrots,
green beans, and shallots and serve with the

fried chicken. **TO DRINK**

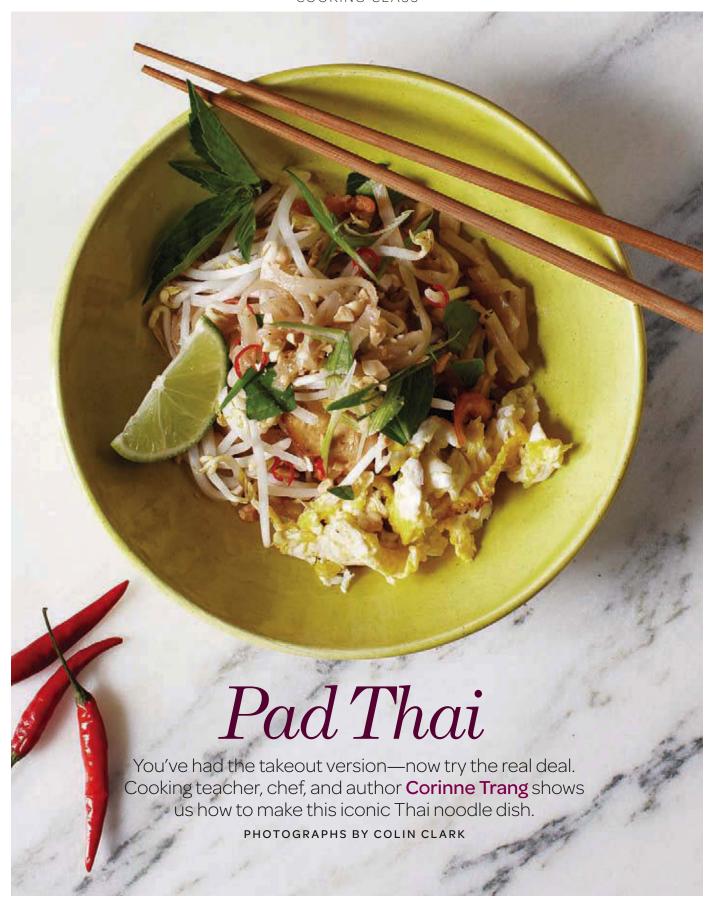
A juicy rosé with mouthwatering acidity, like the Domaine de la Courtade Côtes de Provence L'Alycastre 2010 from Provence, France (\$15).







COOKING CLASS



COOKING CLASS



"I GREW UP EATING PAD THAI. I was so young, I have no memory of the first time I had it," says Corinne Trang. A cookbook author, cooking teacher, and expert on Asian cuisines, Corinne does have fond memories of her travels across Thailand, especially Chiang Mai, where she was a regular at the midnight bazaar. "Pad thai—stir-fried rice noodles with dried shrimp, tofu, and egg—was my go-to snack from my favorite food cart there."

"As it happens, pad thai is surprisingly easy to make," says Corinne. "The key is to balance the sweet, salty, sour, spicy, and bitter flavors, which make the dish so delicious." To achieve the right mix of flavor and texture, Corinne uses several Thai ingredients, including tamarind, palm sugar, and fish sauce (see Essentials of Thai Cooking, page 80, for more information about each). She shows us how to prep those ingredients, and the right way to stir-fry them. The dish is finished with its traditional garnishes of mung bean sprouts, fresh Thai basil, fiery chiles, peanuts, scallions, and wedges of lime. "All these textures and flavors," says Corinne, "make for delicious harmony in the wok."

authentic pad thai

If you can't find tamarind, palm sugar, Thai basil, or Thai chiles, you can still make a delicious version of this dish with the substitutions listed here.

Serves 6 as a snack or first course; 4 as a main course

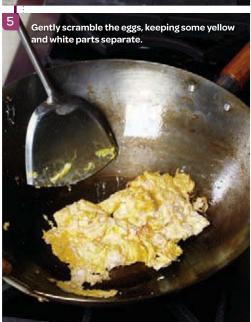
- ⅓ cup fish sauce
- 1/3 cup tamarind concentrate or fresh lime juice
- 1/3 cup palm sugar or agave nectar
- 5 Tbs. grapeseed or vegetable oil; more as needed
- 1 large clove garlic, minced
- cup small dried shrimp, soaked in warm water for 20 minutes and drained
- 1 5-oz. cake pressed tofu, thinly sliced
- 4 large eggs
- 10 oz. medium rice sticks (pad thai noodles), soaked in warm water until pliable (at least 20 minutes) and drained
- 1½ cups homemade or canned lower-salt chicken broth
 - 1 cup mung bean sprouts, rinsed, root ends trimmed (if you like)
- 1/2 cup Thai basil or cilantro, freshly torn
- 1/4 cup chopped unsalted roasted peanuts
- 3 scallions (white and green parts), trimmed and thinly sliced diagonally
- 3 fresh red Thai chiles (or other small hot red chiles), seeded and thinly sliced, or Sriracha to taste
- 1 medium lime, cut into 6 to 8 wedges















In a medium bowl, whisk the fish sauce, tamarind concentrate, and palm sugar until the sugar is completely dissolved **1**. Set aside.

In a large wok, heat 2 Tbs. of the oil over high heat until shimmering hot. Add the garlic and stir-fry until golden, about 15 seconds. Add the dried shrimp and stir-fry for 15 seconds 2. Transfer to a medium bowl, leaving behind as much oil as possible, and set aside. Add the tofu to the wok and stir-fry until heated through and golden in spots, about 1 minute 3. Transfer to the bowl of shrimp and set aside.

Return the wok to high heat and add 1 Tbs. of the oil. Crack the eggs into the wok 4 and scramble gently to break the yolks, making sure not to overmix so as to retain some yellow and white parts; cook until just set, about 1 minute 5. Transfer to a small bowl and set aside. If any egg residue remains in the wok, wipe it clean.

Heat the remaining 2 Tbs. oil in the wok over high heat. Add the noodles, broth, and fish sauce mixture. Cook, tossing occasionally **6**, until the noodles have completely absorbed the liquid and are sizzling, 4 to 6 minutes. Add the dried shrimp and tofu,

toss a few times **7**, and divide among plates or bowls. Garnish each serving with some scrambled egg, mung bean sprouts, basil, peanuts, scallions, and chiles. Serve hot with the lime wedges on the side for squeezing over the noodles.

VARIATION

Substitute 36 small fresh peeled and deveined shrimp for the dried shrimp, stir-frying them until opaque, about 1 minute.



Watch a video of Corinne Trang making pad thai at FineCooking.com/extras.

COOKING CLASS

Essentials of Thai Cooking

According to Corinne, "Thai cuisine is based on the principle of yin-yang, the balance among different colors, flavors, and textures in a dish, or in a meal." Pad thai is a perfect example, thanks to the delicious interplay of its traditional Thai ingredients (for sources, see Where to Buy It, page 94). Here's what you need:

1 THAI BASIL

"In pad thai, Thai basil brings a slightly sweet licorice note and tender texture," says Corinne. If you can't find fresh Thai basil (which has dark-green pointy leaves and purplish-green stems), fresh cilantro is a good substitute.

2 MUNG BEAN SPROUTS

"You want the sprouts to be as fresh as possible so they're juicy and crisp," says Corinne. "I like to trim the root ends for a pretty presentation."

3 PRESSED TOFU

"It's perfect for stir-fries because it's firmer and denser than regular tofu and won't fall apart in the wok," says Corinne. It can be found in vacuum-wrapped blocks in three flavors—plain, soy sauce, and five-spice. The flavors are so mild that you can use whichever you like. (If pressed tofu is unavailable, see Test Kitchen, page 89, for a substitute.)

4 RICE STICKS

"Rice noodles are traditional in pad thai because their slight chewiness offers a nice textural balance with the other ingredients," says Corinne. Look for rice sticks about 1/4 inch wide. (They're also called pad thai noodles-"pad" is Thai for noodles-or stir-fry rice noodles.)

PALM SUGAR

"The sweetness of palm sugar is deeper and richer than that of cane sugar," says Corinne, "and because it's from the coconut palm, it adds a subtle coconut flavor to pad thai." Palm sugar comes as a paste or a cake and can be stored in the refrigerator for up to a year. Agave nectar works well if you can't find palm sugar.

6 DRIED SHRIMP

"These tiny, chewy, salty shrimp are used to season Thai dishes, not as the main source of protein," explains Corinne. They're soaked before cooking to reduce their saltiness, not to rehydrate them. When shopping, look for plump, meaty, bright orangy-pink shrimp. Store dried shrimp in the freezer for up to a year.

THAI CHILES

"Chiles add spiciness and a juicy crunch to the dish," says Corinne. They can be sliced and sprinkled on top or served whole on the side. "You can use red or green Thai chiles-or other small chiles-but I prefer the red for its colorful contrast to the green herbs in the dish," she says.

8 FISH SAUCE

"It's the salt of Southeast Asia," says Corinne. Look for clear, honey-colored fish sauce in the Asian section of your grocery store or in Asian markets. Store it in the refrigerator for up to 9 months. When it turns dark like soy sauce, and salt crystals form at the bottom of the bottle, it's past its prime.







Strawberry Shortcake

The timeless summer dessert faces off against a modern makeover. Which will you choose? BY KAREN BARKER AND CHRISTINA TOSI



THE CLASSIC

Karen Barker is the award-winning pastry chef and co-owner of Magnolia Grill in Durham, North Carolina. The author of Sweet Stuff: Karen Barker's American Desserts, she's an expert in classic American baking. Her ultimate recipe for strawberry shortcake combines tender buttermilk biscuits with macerated strawberries and clouds of soft, sweet whipped cream.



THE UPDATE

New York pastry chef Christina Tosi, co-owner of Momofuku Milk Bar, turns the classic dessert on its head by pairing strawberries and cream with fresh summer corn in an outrageous cake. It's got layers of vanilla buttermilk cake, white-chocolate-dipped Cap'n Crunch crumbs, corn-infused cream, strawberry jam, and of course, lots of fresh strawberries.

classic strawberry shortcake

These biscuits get their light, tender texture from buttermilk and baking powder, and their rich flavor from an egg, cream, and lots of butter. This simple dessert is best made at the height of strawberry season, using the juiciest, sweetest strawberries you can find.

Serves 6

FOR THE STRAWBERRIES

- 1 lb. ripe strawberries, hulled (about 4 cups)
- 2 Tbs. granulated sugar; more to taste

FOR THE BISCUITS

- 9 oz. (2 cups) unbleached all-purpose flour; more for rolling
- 1/3 cup plus 1 Tbs. granulated sugar
- 21/2 tsp. baking powder
- 14 tsp. baking soda
- ½ tsp. kosher salt
- 4 oz. (½ cup) cold unsalted butter, cut into ½-inch pieces
- 1 large egg
- 14 cup heavy cream; more for brushing
- 14 cup buttermilk

FOR THE WHIPPED CREAM

- 1½ cups heavy cream
 - 2 Tbs. granulated sugar

PREPARE THE STRAWBERRIES

Put one-third of the berries in a medium bowl and, using a potato masher, crush them into a chunky purée. Slice the remaining berries ¼ inch thick and stir them into the mashed berries along with the sugar. Taste the berries, adding more sugar if necessary. Let the berries sit at room temperature for at least 30 minutes and up to 2 hours.

MAKE THE BISCUITS

Position a rack in the center of the oven and heat the oven to 425°F. Line a large heavyduty baking sheet with parchment.

Sift the flour, ½ cup of the sugar, the baking powder, and baking soda into a large bowl. Stir in the salt. Using a pastry blender, a fork, or your fingertips, work the butter into the dry ingredients until the mixture resembles coarse cornmeal.

In a small bowl, beat the egg and heavy cream with a fork. Mix in the buttermilk. Make a well in the center of the flour mixture and pour in the cream mixture. Mix with the fork until the dough is evenly moistened and just comes together; it will still look a little shaggy. Gather the dough and gently knead it three or four times. If the dough seems dry and doesn't form a cohesive mass, work in more cream, 1 tsp. at a time.

Transfer the dough to a lightly floured surface and roll it into a %-inch-thick disk. With a sharp 2%-inch biscuit cutter, press straight down to cut the dough into rounds and lift straight up to remove (don't twist the cutter or it will seal the sides of the biscuits and interfere with rising). Transfer the rounds to the prepared baking sheet. Gather the dough scraps, gently knead them together, re-roll, and cut out more biscuits until you have a total of 6.

Lightly brush the biscuit tops with cream (about 1 Tbs.) and sprinkle with the remaining 1 Tbs. sugar. Bake, rotating the baking sheet once, until the biscuit tops are lightly browned, 10 to 15 minutes. Serve the biscuits warm. (They can be baked 10 to 12 hours ahead and reheated in a 350°F oven before serving.)

WHIP THE CREAM

In a large, chilled metal bowl, whip the heavy cream and sugar to soft peaks with an electric hand mixer. (Use immediately or refrigerate, covered, for up to 2 hours. If necessary, lightly rewhip before using.)

ASSEMBLE

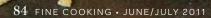
Using a serrated knife, split the warm biscuits in half horizontally and transfer the bottoms to 6 dessert plates. Spoon about three-quarters of the macerated berries and their juice evenly over the biscuit bottoms. It's OK if some of the berries spill out onto the plate. Top with a generous dollop of whipped cream and cover each with a biscuit top. Spoon more berries and cream over each shortcake and serve immediately.



Watch a video of the Classic Strawberry Shortcake being made and vote for your favorite version at FineCooking.com/extras.









strawberries and corn-cream layer cake with white chocolate cap'n crunch crumbs

This incredible cake requires some lead time. It needs to be frozen so the layers can set up properly, and then defrosted completely before serving. Plan on making it at least 4 days ahead.

Yields one 8-inch cake; serves 8

FOR THE CAKE

Cooking spray

- 4 oz. (1/2 cup) unsalted butter, softened
- 1 cup plus 21/2 Tbs. granulated sugar
- 14 cup packed light brown sugar
- 3 large eggs, at room temperature
- ½ cup buttermilk, at room temperature
- 6 Tbs. grapeseed or canola oil
- 21/2 tsp. pure vanilla extract
- 6 oz. (11/2 cups) cake flour
- 1 tsp. baking powder
- 1 tsp. kosher salt

FOR THE CORN CRUMBS

8 oz. (6 cups) Cap'n Crunch cereal

- 3/4 oz. (2 Tbs.) cornstarch
- 4 tsp. granulated sugar
- ½ tsp. kosher salt
- 51/2 oz. (11 Tbs.) unsalted butter, melted and cooled slightly
- 3½ oz. white chocolate, chopped (½ cup)

FOR THE CORN CREAM

- 3 cups fresh or thawed frozen yellow corn kernels (from about 4 ears of corn)
- 1 tsp. unflavored gelatin powder
- 5 Tbs. granulated sugar
- 1 tsp. kosher salt
- 5 Tbs. sour cream
- 5 Tbs. heavy cream
- 34 oz. (3 Tbs. plus 2 tsp.) confectioners' sugar

FOR ASSEMBLY

- 2 cups best-quality strawberry preserves
- 11/3 cups hulled and quartered ripe strawberries; more for garnish

MAKE THE CAKE

Position racks in the upper and lower thirds of the oven and heat the oven to 350°F. Spray three 8x2-inch round cake pans with cooking spray and line the bottoms with parchment. In a stand mixer fitted with the paddle attachment, beat the butter and both sugars on medium speed until fluffy, 2 to 3 minutes. Scrape down the bowl with a rubber spatula. On low speed, add the eggs one at a time, mixing for about 20 seconds after each addition. Return the mixer to medium speed

and beat until homogenous and fluffy, about 3 minutes. Scrape down the bowl.

Combine the buttermilk, oil, and vanilla in a 1-cup measuring cup. With the mixer on low speed, slowly add the buttermilk mixture. Increase the speed to medium and beat until the batter is almost white and twice the volume of the original fluffy butter and sugar mixture, 4 to 6 minutes. Scrape down the bowl.

With the mixer on low speed, slowly add the cake flour, baking powder, and salt. Mix just until incorporated, 45 to 60 seconds. Divide the batter evenly among the cake pans and smooth with a spatula.

Bake the cakes until they're golden-brown, bouncy to the touch, and a tester inserted in the center of each comes out clean, 18 to 20 minutes (rotate and swap the pans' positions after 10 minutes). Cool the cakes in their pans on wire racks.

MAKE THE CORN CRUMBS

Reduce the oven temperature to 300°F. Line 2 rimmed baking sheets with parchment.

In a food processor, grind the cereal to a powder. Combine the cereal, cornstarch, sugar, and salt in a large bowl and mix with your hands. Add the melted butter and toss with a rubber spatula until the mixture is evenly moistened. Squeeze the crumbs with your hands to make small clumps no bigger than peas and sprinkle them evenly on the prepared baking sheets.

Bake until the crumbs are a shade darker, about 15 minutes (rotate the sheets after 8 minutes). Cool completely on racks.

While the crumbs cool, melt the white chocolate in a small microwave-safe bowl in the microwave, using 15-second high-power intervals. Let the melted chocolate cool until no longer hot to the touch.

Transfer the cooled crumbs to a large bowl and pour the melted white chocolate over them. Toss with your hands until the crumbs are enrobed in the chocolate. Continue tossing with your hands every 5 minutes until the white chocolate hardens and the crumbs are no longer sticky, 30 to 40 minutes total. Break up any clumps that are larger than peas.

MAKE THE CORN CREAM

Purée the corn with 1/3 cup water in a blender until smooth. Strain through a fine sieve set over a measuring cup, pressing on the solids, until you have 9 fl. oz. of corn juice.

Put 1 Tbs. water in a small bowl. Sprinkle the gelatin over the water and let bloom for 5 minutes.

Meanwhile, combine the corn juice, sugar, and salt in a small saucepan over mediumlow heat. Bring the mixture to a simmer and whisk for 2 minutes to cook out the starch in the corn. (The mixture will thicken as it heats.) Remove from the heat, stir in the gelatin, transfer to a heatproof container, and freeze until set to a pudding-like consistency, 1 to 1½ hours.

In a large bowl, whip the sour cream, heavy cream, and confectioners' sugar with a whisk to very soft peaks, 2 to 3 minutes. Add the cold corn mixture and slowly whisk until the color is even. Refrigerate until ready to use.

ASSEMBLE THE CAKE

Assemble an 8-inch springform pan. Cut two 12x14-inch rectangular strips of parchment. Fold the two strips lengthwise to get two 6x14-inch strips. Line the inside of the pan with the strips, nestling them into each other with the folded edge on the top. (See Test Kitchen, p. 89.)

Release the edges of the cakes with a paring knife. Turn the cakes out onto a clean work surface. Fit one of the cake layers into the springform pan, trimming it to fit snugly if necessary. Use the back of a spoon to spread half the corn cream over the cake base in an



evenly across the jam.

Set another cake round (trimmed as needed to fit) on top of the berries and gently press it down. Repeat the process with the remaining corn cream and corn crumbs, half of the remaining preserves, and the remaining 3/3 cup berries.

side of the pan and let the cake completely defrost in the refrigerator—this will take about 36 hours. Do not thaw at room temperature. Just before serving, carefully remove the parchment collar and garnish the top of the cake with freshly hullled and quartered straw-

berries. Serve cold.

JAM Use homemade strawberry preserves or all-natural, store-bought preserves made with sugar, not high fructose corn syrup.

ASSEMBLY Trim the cake layers to fit snugly in the springform pan, if necessary.

Easy ways to get product information from advertisers

When you're looking for information on products from our advertisers, you can find it online at:

FineCooking.com/Marketplace

Or, you can call our Information Request line at:

800-929-1431

Be sure to have the advertiser's extension handy when you call. You'll find it under each advertiser's ad.



INDEX TO ADVERTISERS

For quick access to advertisers, go to www.finecooking.com/marketplace or call 800-929-1431

Advertiser	Extension	Page#	Advertiser	Extension	Page#	Advertiser	Extension	Page#		
Appliances			Gourmet Foods			Kitchen Design				
Chef's Choice	3005	p. 7	Meyenberg Goat Milk Products		p. 9	Velux		p. 5		
Viking Range	3006	p.2	Wisconsin Milk Marketing Board 3013 p. 17		Kitchen Tools & Utensils					
Cookware, Bakeware			Ingredients			Gel Pro	3009	p. 29		
Bella Copper	3011	p. 88	Al Fresco America's Beef Producers		p. 12 p. 100		ools,Travel & Organizations			
Cutlery			Bob's Red Mill	3007	p. 9	Hudson Valley Wine Festival		p. 99		
Japanese Chefs Knife	p. 29		Bulk Foods McCormick & Co.	3010 3008	p. 88 p. 22 - 23	Tradeon valley which esseval		ρ.σσ		

COOK'S MARKET



Solid Copper Heat Diffusers and Defroster Plates

Equalized Heating – No hot spots They really work! - because Copper conducts heat better.

> 805 218 3241 www.BellaCopper.com



Keep your Fine Cooking back issues looking brand new.

Store your treasured copies of Fine Cooking in slipcases for easy reference again and again! Bound in red and embossed in gold, each case holds more than a year's worth of Fine Cooking. Only \$8.95 (\$24.95 for 3, \$49.95 for 6).

Plus shipping and handling. Payable in U.S. funds. Product #051050.

To place an order, call 1-800-888-8286 Mon.-Fri. 9AM - 9PM EST and Sat. 9AM - 5PM EST International customers, call 203-702-2204



TEST KITCHEN

Tips/Techniques/Equipment/Ingredients/Glossary



TECHNIQUE

Garlic paste

Several of the recipes in "New Ways with Chicken Breasts" on page 70 call for raw garlic that's been mashed into a paste with kosher salt. This method helps the garlic blend better into whatever it's being mixed with so you won't get an overwhelming hit of raw garlic flavor in a bite. In this technique, the coarse salt isn't just for flavor—it also acts as an abrasive that aids in the mashing process, and it keeps the garlic from sticking to the knife. Here's how it works:



Sprinkle finely chopped garlic with kosher salt (if your recipe doesn't specify how much, use one big pinch per garlic clove).



Hold a chef's knife nearly parallel to the cutting board and smear the side of the blade over the garlic to mash it against the cutting board.



As the garlic spreads out, use the knife to scrape it back into a pile. Repeat smearing and mashing until the garlic breaks down into a smooth paste.

-.I. A.

TIP

Pressing tofu

The Authentic Pad Thai recipe on page 78 calls for pressed tofu, which is firm enough that it doesn't break up during stir-frying, as regular unpressed tofu would. But as we discovered when testing this recipe, pressed tofu can be hard to come by, even in seemingly wellstocked Asian markets.

If you can't find pressed tofu, you can press regular extra-firm tofu at home. It won't be as firm as the commercially pressed variety, but it will still hold up better in the wok.

To press tofu, drain it, cut it in half horizontally, and blot it dry. Line a plate with a folded lint-free dishtowel or several layers of paper towels and set the tofu on the toweling. Cover the tofu with a small cutting board and put several cans of food or other weight on top. Refrigerate for 24 hours, changing the towels as they become saturated. -J.A.







NATIVE TO TROPICAL AFRICA but found in tropical regions throughout the world, the tamarind tree is celebrated for its distinctive bean-like brown pods. The 5-inch-long pods grow in clusters and are filled with seeds covered in a fibrous, sweet-tart pulp. Once mature, the pods are dried, which makes the pulp even more sour.

Also known as *imli* or Indian date, tamarind is used as a souring agent in many cuisines, especially those of South and Southeast Asia. There, you'll find it simmered in curries, stirred into drinks, made into relishes and sauces, and even cooked down into a sweet and spicy dessert paste. In this issue, we use it to add that perfect

hit of fruity sourness to the Authentic Pad Thai on page 78.

Tamarind is available in several forms: dried pods, compressed blocks of sticky pulp, and a syrupy seedless concentrate. The blocks and pods have a fruitier flavor but require soaking and straining before use (see the recipe below). The concentrate simply needs dilution.

Look for tamarind in Indian and Asian markets, or see page 94 for a mail-order source. Store unused tamarind in the refrigerator, tightly wrapped or capped. It should last for up to a year.

 $-Samantha\ Seneviratne$

tamarind date chutney

Chutneys run the gamut from thin and smooth to thick and chunky. This smooth chutney, which balances the tartness of tamarind with the sweetness of dates, is a delicious accompaniment to the Salmon, Lentil, and Rice Kedgeree on p. 60.

Yields about 2 cups

- 6 oz. tamarind pulp (from a block or shelled pods), cut into chunks
- 3 cups boiling water
- 1 cup chopped dates
- 14 cup dark brown sugar
- 1 Tbs. finely grated fresh ginger
- 34 tsp. chili powder
- 34 tsp. cumin seeds, toasted and ground
- 3/4 tsp. coriander seeds, toasted and ground
- ½ tsp. fennel seeds, toasted and ground Kosher salt

In a medium, nonreactive bowl, soak the tamarind pulp in the boiling water for about 20 minutes, breaking it up with a wooden

spoon as it becomes more pliable. Once softened, pour it into a medium-mesh sieve set over a 4-quart, nonreactive saucepan. Using your fingers or the back of a spoon, press the pulp through the sieve until only seeds and fiber are left behind. Be sure to scrape any strained tamarind from the underside of the sieve into the pan. Discard the solids left in the sieve.

Add the dates and sugar to the tamarind and bring to a boil over medium-high heat. Reduce the heat to maintain a gentle simmer and stir in the ginger, chili powder, cumin, coriander, and fennel. Simmer until the mixture has thickened slightly and the dates are soft, 15 to 20 minutes.

In a blender, purée the chutney until smooth. Let cool and then season to taste with salt (you may not need any, depending on the tamarind). Store the chutney in a jar in the refrigerator for up to 1 week. Serve at room temperature.

—S. S.



Serving suggestions

- Serve alongside grilled chicken or roasted turkey.
- Spread on crackers and top with a piece of salty, aged cheese like Gouda or manchego.
- Make a bacon sandwich with chutney, mayonnaise, and a peppery green like arugula or watercress.
- Add a few tablespoons to the meat mixture for pork, beef, or veal meatballs.
- Whisk together chutney and olive oil to make a salad dressing.



TECHNIQUE

Removing pin bones

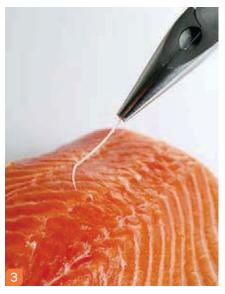
Before cooking a salmon fillet, it's always a good idea to check it for pin bones. These tiny "floating" bones aren't attached to the fish's main skeleton, and they remain hidden in the flesh after the fish is filleted. Some fish mongers remove them for you, but some don't. Because pin bones can be difficult to see, the best way to locate them is by touch. Here's how to find and remove them:



Lay the fillet flat on a work surface and run your fingers down its length. If pin bones are present, you should be able to feel their tips.



When you locate a bone, slide a hand under the fillet beneath the bone and lift the fillet slightly so it bends, causing the bone to protrude.



Grasp the end of the bone with fish tweezers or needlenose pliers (see below) and pull slowly and steadily on the bone, wiggling it gently until it pulls free. Repeat until the fillet is bone-free.



Choose a tool

Pin bones are slippery, so you need a tool with a good grip to remove them. Many cutlery manufacturers sell fish tweezers that are specially designed for the task, and these work perfectly well. We like the fish bone tweezers from Chroma (at left; see page 94 for a mail-order source).

If, however, you're the type who doesn't like kitchen drawers cluttered with specialized gadgets, a pair of needlenose pliers from the hardware store will do the trick, too. If you want to use them for other household jobs, just be sure to clean them well before and after.



Rinsing rice

Our recipe for Salmon, Lentil, and Rice Kedgeree (page 60) calls for rinsing the rice before cooking. This step removes some of the starch from the surface of the rice grains so they remain separate when cooked, rather than sticking together in clumps. This technique is helpful for all types of white rice, unless the rice is vitamin-enriched (rinsing will remove the vitamins). For best results, rinse the rice in several changes of cold water, swishing it around with your hand, until the water is no longer very cloudy.





Parchment collar

Christina Tosi's towering Strawberries and Corn-Cream Layer Cake with White Chocolate Cap'n Crunch Crumbs, page 86, requires a tall mold for assembling the cake. In her pastry kitchen at Momofuku Milk Bar, Christina uses a specialty cake ring, but we wanted to find a way to put our cake together using items we (and you) might already have in the kitchen. We found the answer in a springform pan and a sheet of parchment. On its own, the springform wasn't tall enough, but with its removable base and expandable ring, it made for easy cake unmolding. So to make it taller, we added a parchment collar to contain those last few layers. Here's how to do it:

Assemble an 8-inch springform pan. Cut two 12x14-inch rectangles of parchment. Fold the two strips lengthwise to get two 6x14-inch strips. Line the inside of the pan with the strips, nestling them into each other, with the folded edge on the top. -J. A.



adds a tangy creaminess. And it's thick and rich enough to use in place of sour cream as a topping or in recipes. In this issue, we pair it with roasted eggplant and tomatoes for a satisfying lunch (page 69).

For now, labneh is a specialty item in the United States; look for it in Middle-Eastern markets and natural foods stores, or see page 94 for a mail-order source. (At a recent specialty foods trade show, we noticed an increase in its availability, which may well translate into wider distribution in the near future.)

—J. A.



Making chicken cutlets

Chicken breast cutlets are a boon for weeknights because they cook so quickly—about 5 minutes in a skillet and they're done. Cutlets from the grocery store are often unevenly sized, so we prefer to buy boneless, skinless chicken breasts and slice them ourselves. Here's how:

Place one hand flat on top of a chicken breast and, holding your knife parallel to the cutting board, slice it horizontally from the thick end to the thin end into $\frac{1}{4}$ -inch-thick cutlets. It's OK if not every slice runs the length of the breast. — $J.\,A.$

WHERE TO BUY IT



going meatless on the grill, p.38

• Cypriot halloumi, \$10.99 for 8 oz., igourmet.com, 877-446-8763.

By Diane Von Furstenberg Home, bloomingdales.com, 800-777-0000:

- "Powerstone" salad plate in tamarind yellow, \$15 each.
- "Powerstone" flatware, fivepiece place setting, \$60.

test kitchen, p.89

- Victor's Labné, \$3.99 for 16 oz., daynasmarket.com, 313-999-
- Chroma fish bone tweezers, \$22.37, amazon.com, 866-216-1072.
- Whole tamarind pods, \$8.80 for three 3-oz. packages, melissas.com, 800-588-0151.
- Thai tamarind concentrate, \$5.89 for 16-oz. jar, importfood .com, 888-618-8424.
- Dry and seedless Indian tamarind concentrate (imli), \$4.99 for 7-oz. pack, kalustyans.com, 800-352-3451.

cedar-planked salmon, p.54

• Cedar planks, \$14.95 for four, williams-sonoma.com.

watermelon, p. 46

- Commodore Champagne flute designed by Oswald Haerdtl, Moss Gallery, \$210 for two, 866-888-6677 to order.
- Hybrid bamboo and cork 12x15-inch cutting board, \$44, bambuhome .com, 877-226-2829.
- Issi small tumbler set designed by Peter Nolan, \$46 for two, teroforma .com, 877-899-1190.

rice pudding, p.30

- Wusthof gourmet 4-inch paring knife, \$18.95, cutleryandmore .com, 800-650-9866.
- Stainless-steel restaurant mixing bowls, \$49.95 for five-piece set, williams-sonoma.com, 877-812-6235.
- 6-oz. round porcelain soufflé dishes, \$2.09 each, fantes.com, 800-443-2683.
- KnifeForkSpoon four-piece cutlery set, \$52, alessi-shop.com.

From crateandbarrel.com, 800-967-6696:

- Dry measuring cups, \$19.95 for four-piece set.
- Measuring spoons, \$9.95 for four-piece set.
- Large French wire whisk, \$10.95.

From cooking.com, 800-663-8810:

- French beechwood 12-inch mixing spoon, \$3.95.
- Oxo angled liquid measuring cups, \$19.95 for three-piece set.
- All-Clad stainless-steel 4-quart saucepan, \$194.95.

lunch @ your desk, p.62

- Rectangle glass containers, 15.2 to 40.6 oz., \$7.99 to \$12.99 each. containerstore.com, 888-266-8246.
- Weck mini mold 5.6-oz. jars, \$23.50 for 12, weckcanning.com.
- Glass Family red wine glass, \$32 for four, alessi-shop.com.

From lifewithoutplastic.com, 888-898-0369, ext. 203:

- Oval Japanese cedar bento box, \$107.95.
- Stainless-steel Lunchbots Trio, \$14.95.

pad thai, p. 76

- Joyce Chen Pro-Chef wok, \$39.95, chefscatalog.com, 800-338-3232.
- Location courtesy of Clarke Culinary Center, South Norwalk, Connecticut, clarkecorp.com, 866-838-9385.

From importfood.com, 888-618-8424:

- 3 Crabs fish sauce, \$6.89 for 24 oz.
- Fresh Thai chiles, \$15.95 for 1 lb.
- Thai basil, \$15.95 for 14 oz.
- Rice stick noodles, \$2.49 for 1 lb.
- Dried shrimp, \$4.89 for 3 oz.
- Palm sugar, \$2.79 for 1 lb.
- Thai tamarind concentrate, \$5.89 for 16-oz. jar.

From dbohome.com, 860-364-6008:

- Queenanne dippers, \$38 for three-piece set.
- Honeycomb dippers, \$38 for three-piece set.

strawberry shortcake, p.82

- 21/2-inch round biscuit cutter, \$2.75, kingarthurflour.com, 800-827-6836.
- 8x2-inch round cake pan, \$9.99, confectioneryhouse.com, 518-279-4250.
- LaForme nonstick 8-inch springform cake pan, \$44, kitchenconservatory.com, 866-862-2433.
- Strawberries for cake and cover courtesy of melissas.com, 800-588-0151.



the good life, p.36

From crateandbarrel.com, 800-967-6696:

- Groove carafe, \$18.95.
 - Rings pitcher, \$7.95.
- Studio pitcher, \$21.95.

new ways with chicken breasts, p.70

• Plantlife curve B&B plate in seaglass-snow, \$43 each, dbohome .com, 860-364-6008.

By Donna Karan for Lenox, neimanmarcus.com, 888-888-4757:

- Casual Luxe serving platter and bowl in onyx, \$80 each.
- Casual Luxe salad plate in pearl, \$17.



5 .						0.5.				- II	
Recipes	Calories (kcal)	Fat Cal (kcal)	Protein (g)	Carb (g)	Total Fat (g)	Sat Fat (g)	Mono Fat (g)	Poly Fat (g)	Chol (mg)	Sodium (mg)	Fiber (g)
SORREL, P. 13											
Chilled Sorrel, Potato, and Leek Soup	100	25	3	16	3	1.5	1	0	5	250	2
FRUIT LEATHER, P. 15											
Homemade Fruit Leather	60	5	1	14	0	0	0	0	0	0	2
CREAM CHEESE, P. 18											
Bacon and Leek Soufflé	250	170	13	7	19	9	6	1.5	200	370	1
Chocolate-Cherry Cheesecake Tart	350	210	5	31	23	13	6	1.5	95	310	1
Grilled Fingerling Potato Salad with Creamy Herb Dressing	340	140	6	44	16	4.5	7	3	20	300	4
MAKE IT TONIGHT, P. 20											
Steamed Mussels with Chorizo and Garlicky Croutons	820	340	44	60	38	9	21	4.5	95	1880	3
Grilled Radicchio and Romaine Salad	310	240	10	8	27	5	18	3	20	750	3
Vietnamese-Style Beef with Garlic, Black Pepper, and Lime	460	240	40	13	27	8	13	5	85	1430	2
Seared Tuna Steaks with Tomato, Basil, and Olive Salad	300	140	34	4	16	3	8	3	55	650	1
Bison Burgers with Thousand Island Barbecue Dressing	570	300	30	36	34	11	11	8	95	940	2
RICE PUDDING, P. 30	0, 0				0 .					0,0	_
Best-Ever Rice Pudding	250	70	8	37	8	4	2	0.5	80	85	0
A CITY SLICKER IN THE KITCHEN, P. 34	200	, ,		0,			_	0.0	00		
Wild Blueberry Soup with Mint	140	50	0	21	6	3.5	1.5	0	20	115	6
GOOD LIFE, P. 36	1 10	30				0.0	1.0		20	110	
Watermelon-Basil Water	30	0	0	8	0	0	0	0	0	0	0
Cucumber-Mint Water	20	0	0	5	0	0	0	0	0	0	0
Blackberry-Sage Water	20	0	0	5	0	0	0	0	0	0	1
GOING MEATLESS ON THE GRILL, P. 38	20			3			U				,
·	540	210	20	67	23	3	12	6	30	660	13
Grilled Chickpea Burgers with Creamy Lemon Tahini Sauce Spaghetti with Grilled Ratatouille	660	250	19	86	28	6	17	3.5	15	1260	11
Chili-Cheddar Grits with Grilled Corn and Tomatoes	420	140	15	59	16	7	6	1.5	30	800	6
Grilled Goat Cheese Pizza with Figs, Beets, and Greens	540	210	21	68	23	10	7	1.5	35	1070	3
	700	370	27	60	41	18	9	7	60	1290	4
Grilled Halloumi with Grape-Walnut Relish and Garlic Bread WATERMELON, P. 46	700	3/0	21	60	41	10	9	/	60	1290	4
Watermelon and Tea Granita	35	0	0	9	0	0	0	0	0	35	0
	550	390	28	14	44	10	27	4	160	1780	3
Watermelon and Cress Salad with Grilled Shrimp	540	160	44	51	17	4.5	10	1.5	110	790	5
Coffee-Rubbed Pork Tenderloin with Watermelon Rind Relish	130	5	15	16	17	0	0	0	25	730	1
Watermelon, Grapefruit, and Scallop Ceviche Watermelon Blush	80	0	0	12	0	0	0	0	0	0	0
		310	2	27			22	10	0	310	
Grilled Watermelon Salsa with Spicy Lime Tortilla Chips	430	310		2/	36	3	22	10	U	310	2
CEDAR-PLANKED SALMON, P. 54 Cedar-Planked Salmon with Horseradish Sauce	400	260	46	3	28	10	10	6	150	600	1
	460 650	200	39	67	28	10	7	3	270	710	9
Salmon, Lentil, and Rice Kedgeree		280	23	29		4.5		5	55		5
Salmon Niçoise Salad with Kalamata Vinaigrette	480				32		20			780	-
Salmon Cake Sandwiches with Miso Dressing	700	390	30	41	43	5	18	16	190	1320	2
LUNCH AT YOUR DESK, P. 62	600	200	10	20	22	_	10		05	1200	0
Lentil, Tuna, and Roasted Pepper Salad	600	290	49	30	33	5	19	6	25	1320	8
Herb-Marinated Goat Cheese with Fruit and Nuts	580	360	17	45	40	14	11	13	45	290	7
Flat Omelet with Scallions and Pickles	360	170	15	32	19	4.5	10	3	370	470	1
Roasted Eggplant and Tomatoes with Cucumbers and Yogurt	560	440	9	24	50	8	29	10	10	760	6
NEW WAYS WITH CHICKEN, P. 70						_					
Chicken Cutlets with Bell Pepper Ragout	490	280	37	15	31	5	21	4	95	1060	3
Honey-Glazed Chicken, Sweet Potato, and Peach Skewers	530	180	26	67	20	2	11	6	65	770	5
Tea-Crusted Fried Chicken with Green Beans and Carrots	540	320	38	17	36	3.5	21	10	95	670	4
Grilled Chicken and Summer Squash Salad	600	410	37	10	47	4.5	28	13	95	520	3
Grilled Chicken and Potatoes with Tomatoes and Cucumbers	710	380	45	37	43	7	29	5	115	1480	4
PAD THAI, P. 76											
Authentic Pad Thai	480	180	14	63	20	3	5	11	135	1530	4
STRAWBERRY SHORTCAKE, P. 82											
Classic Strawberry Shortcake	630	370	7	59	42	26	12	2	165	330	3
Strawberry and Cream Layer Cake with Cap'n Crunch Crumbs	1120	440	9	164	50	25	12	9	160	700	3
TEST KITCHEN, P. 89											
Tamarind Chutney (per 2 Tbs.)	70	0	1	17	0	0	0	0	0	40	1

at Nutritional Solutions in Melville, New York. When a recipe gives a choice of ingredients, the first choice is the one used. Optional ingre-

specific quantities are not. Analyses are per serving; when a range of ingredient amounts or servings is given, the smaller amount or portion

is used. When the quantities of salt and pepper aren't specified, the analysis is based on ¼ tsp. salt and ¼ tsp. pepper per serving for entrées, and ¼ tsp. salt and ¼ tsp. pepper per serving for side dishes.



Father's Day Dinner

Grilled Halloumi with Rosemary-Grape-Walnut Relish and Garlic Bread

page 44

Cedar-Planked Lemon-Pepper Salmon with Horseradish-Chive Sauce

page 57

Roasted Romano Beans and Tomatoes with Tapenade

FineCooking.com

Strawberries and Corn-Cream Layer Cake with White Chocolate Cap'n Crunch Crumbs page 86

> To drink: Brooklyn Lager, Brooklyn Brewery



Meatless Monday

Grilled Radicchio and Romaine Salad page 21

Spaghetti with Grilled Ratatouille page 40

> Blueberry-Vanilla Cream Cheese Pies

FineCooking.com

To drink: Jean-Paul Brun Fleurie 2008, Beaujolais, France

Three Weeknight Suppers

Chilled Sorrel, Potato, and Leek Soup page 14

Pan-Seared Tuna Steaks with Warm Tomato, Basil, and Olive Salad page 22

Watermelon and Cress Salad with Grilled Shrimp and Hearts of Palm page 51

> Grilled Garlic Bread FineCooking.com

Chicken Cutlets with Bell Pepper Ragout page 72

Toasted Almond Rice FineCooking.com



Sunday Brunch

Wild Blueberry Soup with Mint page 35

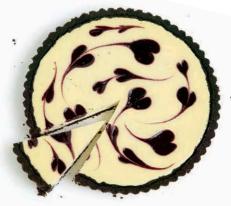
> Bacon and Leek Soufflé page 18

Mixed Green Salad with Red Wine and Dijon Vinaigrette FineCooking.com

Classic Strawberry Shortcake page 84

To drink: Bodegas Muga Rioja Rosé 2010, Rioja, Spain





Lunch by the Pool

Cucumber-Mint Water

page 37

Salmon Niçoise Salad with Kalamata Vinaigrette page 58

Crusty baguette

Chocolate-Cherry Cheesecake Tart page 19

To drink: Las Brisas Verdejo 2009, Rueda, Spain



4th of July Cookout

Bison Burgers with Thousand Island Barbecue Dressing

page 23

Grilled Fingerling Potato Salad with Creamy Herb Dressing

page 19

Forty Shades of Green Salad FineCooking.com

Classic Fudgy Brownies FineCooking.com

To drink: Fleur Petite Sirah 2007, California

Photographs by Scott Phillips; wine and beer recommendations by Patrick Watson at Smith & Vine, Brooklyn, New York



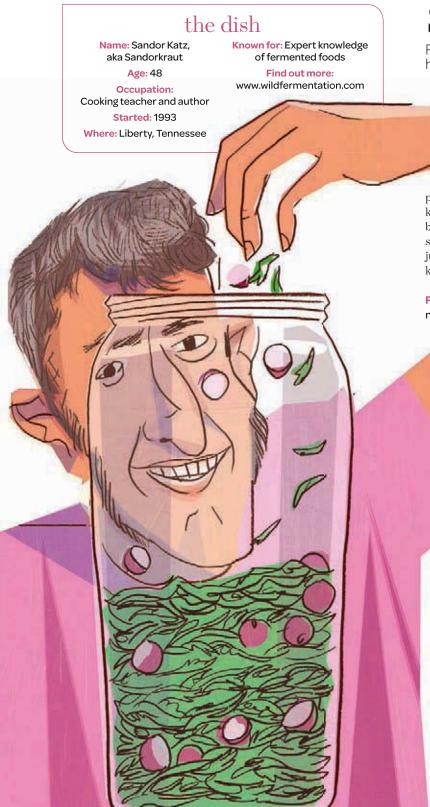
	Cover		Chicken		Meatless Mains
	Classic Strawberry Shortcake 84	\odot	Chicken Cutlets with Bell Pepper Ragout 72		Chili-Cheddar Grits with Grilled Corn and Tomatoes 45
	Appetizers Chilled Sorrel, Potato,	\odot	Grilled Chicken and Potatoes with Tomato and Cucumber		Flat Omelet with Scallions and Pickles 66
	and Leek Soup 14		Salad 75		Grilled Chickpea Burgers with
	Grilled Halloumi with Rosemary-Grape-Walnut Relish	\odot	Grilled Chicken and Summer Squash Salad 73		Creamy Lemon Tahini Sauce 42 Grilled Goat Cheese Pizza
	and Garlic Bread44 Grilled Watermelon Salsa with		Honey-Glazed Chicken, Sweet Potato, and Peach Skewers 71		with Figs, Beets, and Wilted Greens41
	Spicy Lime Tortilla Chips52	\odot	Tea-Crusted Fried Chicken	\odot	Grilled Halloumi with
	Watermelon, Grapefruit, and Scallop Ceviche48		with Pickled Green Beans and Carrots 74		Rosemary-Grape-Walnut Relish and Garlic Bread 44
	Wild Blueberry Soup		Pork, Beef & Bison		Herb-Marinated Goat Cheese with Fruit and Nuts 65
	With Mint35	\odot	Bison Burgers with Thousand Island Barbecue Dressing23		Roasted Eggplant and Tomatoes with Tangy
	Blackberry-Sage Water 37		Coffee-Rubbed Pork Tenderloin		Cucumbers and Yogurt69
	Cucumber-Mint Water 37		with Watermelon Rind Relish53	\odot \nearrow	Spaghetti with
	Watermelon-Basil Water 37	\odot	Vietnamese-Style Beef with Garlic, Black Pepper, and Lime 21		Grilled Ratatouille40
	Watermelon Blush 51		Fish & Seafood		Condiments
	Salads & Soufflés		Cedar-Planked Lemon-Pepper		Tamarind Date Chutney91
	Bacon and Leek Soufflé18		Salmon with Horseradish-Chive Sauce 57		Desserts & Snacks
	Grilled Fingerling Potato Salad	.	Lentil, Tuna, and		Best-Ever Rice Pudding31
_	with Creamy Herb Dressing19	"	Roasted Pepper Salad 67		Chocolate-Cherry Cheesecake Tart19
\odot	Grilled Radicchio and Romaine Salad 21	\bigcirc	Pan-Seared Tuna Steaks with Warm Tomato, Basil, and Olive Salad 22	K	Classic Strawberry Shortcake 84
	Lentil, Tuna, and Roasted Pepper Salad 67	\odot	Salmon Cake Sandwiches with		Homemade Fruit Leather 15
\odot	Salmon Niçoise Salad with		Watercress and Miso Dressing 61 Salmon, Lentil,		Strawberries and Corn-Cream Layer Cake with White Chocolate
	Kalamata Vinaigrette 58 Watermelon and Cress Salad		and Rice Kedgeree 60		Cap'n Crunch Crumbs
igotimes	with Grilled Shrimp and Hearts of Palm51	\odot	Salmon Niçoise Salad with Kalamata Vinaigrette 58		watermelorrand rea dranta 40
	Soups	\odot	Steamed Mussels with Chorizo, Smoked Paprika, and Garlicky		VEGETARIAN: May contain
	Chilled Sorrel, Potato,		Croutons20		eggs and dairy ingredients
	and Leek Soup 14	\odot	Watermelon and Cress Salad		MAKE AHEAD: Can be completely prepared ahead (may
	Wild Blueberry Soup with Mint 35		with Grilled Shrimp and Hearts of Palm 51		need reheating and a garnish to serve)
	Sandwiches & Pizza		Watermelon, Grapefruit, and Scallop Ceviche48		QUICK: Under 30 minutes
K	Grilled Goat Cheese Pizza with Figs, Beets, and		Pasta & Noodles		
	Wilted Greens 41	\odot	Authentic Pad Thai 78		

Spaghetti with

Grilled Ratatouille**40**

Salmon Cake Sandwiches with Watercress and Miso Dressing ... **61**





Sandor Katz

For this fermentation expert, bacteria aren't just healthy, they're delicious. BY KELLY ALEXANDER

> Fine Cooking: You're known as an authority on fermented foods. Really? Katz: About 17 years ago, I left a government job in New York City, moved to rural Tennessee, and

planted my first garden. I didn't know what to do with all the cabbages I ended up with-and then sauerkraut occurred to me. Let's just say I made a lot of sauerkraut that year.

FC: Is that how you got the nickname Sandorkraut?

Katz: I guess so. Sauerkraut has become something of a specialty. In fact, I just bought a 50-gallon oak barrel from the Jack Daniels distillery near my house; I'm going to fill it with sauerkraut.

FC: What's fermentation got to do with it?

Katz: Sauerkraut is fermented, which means it's food that's been transformed and preserved by the beneficial bacteria that live in the air. I think that eating bacteria is one of life's great pleasures.

FC: Surely you jest.

Katz: The bacteria give the food a sour flavor that I love. And there are lots of significant nutritional benefits to eating fermented foods. They aid digestion and strengthen the immune system. But really, I think fermented foods are delicious first and healthy second.

FC: When it comes to fermented foods, how old is too old?

Katz: I've fermented miso for six years, but that's nothing. Think about country hams in the South; some people have 50-year-old hams that their grandparents made.

FC: Have you ever met a fermented food you didn't like? Katz: A couple of months ago, a neighbor of mine tried fermenting bamboo shoots. One taste and I had to spit them out. They were horrible.

FC: Is it true that fermented foods can make you sick?

Katz: No! People are terrified of eating food that's aged outside the refrigerator, but there are no invisible killers lurking inside fermented foods. Aged cheeses are fermented, and so are cured olives, chocolate, bread, and wine. Fermentation has been used to preserve foods for centuries, and it's part of the reason our ancestors were able to store their food and survive. As I've said before, without culture, there is no culture.

FC: So, you're saying that without fermentation, we wouldn't even be here today?

Katz: Food storage, including fermentation, has been hugely important in the evolution of human culture. Fermented foods aren't novelties; they're not cupcakes, you know.

Kelly Alexander is an awardwinning food writer who lives in Chapel Hill, North Carolina.



presented by:

Cooking & Wine Racks.com

Celebrating Our 10th Year of Wine, Food & Fun!









SEPTEMBER 10th & 11th

Dutchess County Fairgrounds - Rhinebeck, NY

Wine Tasting - Food Sampling - Cooking Demos Specialty Foods - Fine Arts & Crafts Live Music and More!

For tickets and information visit www.HudsonValleyWineFest.com

TOP ROUND

IT'S NO COINCIDENCE "MARINADE" SOUNDS A WHOLE LOT LIKE "SERENADE."

29 LEAN CUTS. ONE POWERFUL PROTEIN.



You've gotta love a cut that can make any dish sing with a splash of the right marinade, romancing you right to the table and all through dinner.

Learn to love all 29 tantalizing cuts of lean beef at BeefltsWhatsForDinner.com.

